

# Early Signs of Dementia



## Changes in mood and behaviour

- Everyone becomes sad or grumpy from time to time
- **A person with dementia may become easily upset or experience rapid mood swings for no apparent reason or due to struggling to manage stress**

## Recent memory loss that affects daily life

- People often forget phone numbers or appointments and remember them later
- **A person with dementia may repeat questions and have difficulty remembering important events**

## Problems with language

- Many people occasionally struggle to find the right words
- **A person with dementia might have trouble naming a familiar object, or have difficulty following a conversation**

## Relating to others

- People's personalities can change slightly with age
- **A person with dementia might seem less considerate, or suddenly become outspoken or withdrawn**

## Decreased or poor judgement

- Everyone makes a mistake or poorly thought out decision occasionally
- **A person with dementia might frequently make bad decisions or pay less attention to their physical appearance**

## Difficulty performing regular tasks

- Anyone can make a wrong turn while driving
- **A person with dementia might have trouble driving to a familiar location**

## Disorientation of time and place

- Anyone can forget for a moment why they went into a room
- **A person with dementia may be confused about the time of day or what is appropriate to do at times, for example, eating dinner at breakfast time**

## Loss of initiative

- Many people tire of social responsibilities or work
- **A person with dementia might lose interest or struggle to get started on things they used to enjoy doing**

## Problems with complex tasks

- Anyone can have trouble with tasks such as balancing a budget
- **A person with dementia may struggle to follow a familiar recipe or keep track of bills**

## Misplacing things

- People often misplace items such as keys or wallets
- **A person with dementia might repeatedly put things in unusual or inappropriate places**