



10 Warning Signs Of Alzheimer's

1 **Memory Loss**

6 **Misplacing things and losing the ability to retrace steps**

2 **Challenges in Planning or Solving Problems**

7 **Confusion with time or place**

3 **Difficulty completing tasks at home, at work or at leisure**

8 **Trouble understanding visual images and spatial relationships**

4 **Changes in Mood or Personality**

9 **Decreased or poor judgment**

5 **New problems with words in speaking or in writing**

10 **Withdrawal from work or social activities**

If these signs are new, they may be a sign of dementia. Dementia is not a part of normal aging. If you think that these problems are affecting your daily life, or the life of someone you know, you should talk to your doctor or seek out more information from your national Alzheimer or dementia association.

Are you or a loved one experiencing symptoms, visit: vdh.virginia.gov/brain-health/
Alzheimer's Association 24/7 Helpline 800-272-3900

