

10 Early Signs of Alzheimer's

1 Memory Loss

One of the most common signs of Alzheimer's is forgetting recently learned information. Others include forgetting important dates or events, repeatedly asking for the same information, and increasingly needing to rely on memory aids (eg reminder notes) or family for things they used to handle on their own.

2 Challenges in planning or solving problems

Some people may experience develop difficulties in following a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of bills. They may have difficulty concentrating and take much longer to do things than they did before.

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

People with Alzheimer's often find it hard to complete daily tasks. Individuals may have trouble driving to a familiar location, managing their finances, using numbers at work or remembering the rules of a favourite game.

4 Trouble understanding visual images and spatial relationships

Another sign of Alzheimer's can be vision problems. They may have difficulty reading, judging distance and determining colour or contrast.

5 Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and time. They may have trouble understanding something if it is not happened immediately. It can be possible to forget where they, or indeed, how they got there.

6 New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (eg calling a watch a hand-clock).

7 Misplacing things and losing the ability to retrace steps

A person with Alzheimer's may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. As the disease progresses they may accuse others of stealing their possessions.

8 Decreased or poor judgment

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, losing the ability to be in control of their independence. They may also start to neglect personal hygiene.

9 Withdrawal from work or social activities

Individuals with Alzheimer's may start to withdraw from their hobbies, social activities, work projects or sports. They may also start to become socially isolated, losing confidence in themselves and possibly their mobility will also be affected.

10 Changes in mood and personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

If you feel that yourself or a loved one are showing signs of dementia, make an appointment to see your GP. For more information follow the links:-

<https://www.nhs.uk> > Health A-Z > Dementia guide

<https://patient.info/...dementia/.../what-to-do-if-you-suspect-a-loved-one-has-dementia>

<https://www.alz.org/uk/dementia-alzheimers-uk.asp>