



**Expert Advice:**  
**Family & Children's Agency Home Care Services for Seniors**  
**Age-Related Memory Loss or Reason to Worry?**  
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How often have you forgotten where you left your glasses, a friend's phone number or a doctor appointment later in the week? While frustrating, moments of forgetfulness are often age-related and can become more frequent with aging adults. It is important, however, to recognize many of the signs and symptoms associated with memory loss caused by a more serious medical condition.

Dementia, according to the Alzheimer's Association, is a general term for a decline in mental ability severe enough to interfere with daily life. There are varying degrees of dementia, with Alzheimer's being the most common form.

Although the possibility of a diagnosis of dementia can be very scary for an individual or their family, it is important to discuss your forgetfulness or any other symptoms with your primary care physician. They can provide you with referrals to receive the appropriate evaluations and support.

The Alzheimer's Association has 10 early warning signs of Alzheimer's disease. If you feel you have experienced any, you should discuss it with your doctor.

- 1) Memory loss that disrupts daily life
- 2) Challenges in planning or solving problems
- 3) Difficulty completing familiar tasks at home, at work or at leisure
- 4) Confusion with time or place
- 5) Trouble understanding visual images and spatial relationships
- 6) New problems with words in speaking or writing
- 7) Misplacing things and losing the ability to retrace steps
- 8) Decreased or poor judgment
- 9) Withdraw from work or social activities
- 10) Change in mood or personality

Source: [www.alz.org](http://www.alz.org).

Family & Children's Agency is your local nonprofit trusted advisor on senior services. Because we are a nonprofit, we offer services on a sliding scale and our in-house social worker and registered nurse tailor our services to meet your needs. We offer a Personal Alert emergency response system, live-in services, homemakers, Home Health Aides, carpentry and home modification, and assisted transportation. Visit [www.FamilyandChildrensAgency.org](http://www.FamilyandChildrensAgency.org) or call (203) 855-8765 to learn more.