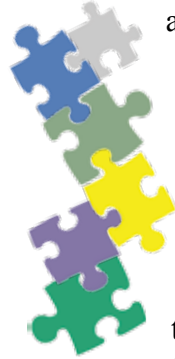


## See a doctor early if these signs are present in your loved one.

If you checked several of the statements on the flipside, it's important to take your loved one to see a doctor as soon as you can. Your checked statements do not necessarily mean the person you care for has Alzheimer's disease or a related dementia, but they may mean a visit to the doctor would be beneficial.



Ask your family physician or specialist to perform cognitive tests for dementia. An early diagnosis offers greater opportunity for better treatment of symptoms. When planning to take your loved one to the doctor, tear off this page and bring it with you to discuss.

USE THIS SECTION TO WRITE DOWN ANY QUESTIONS YOU HAVE FOR THE DOCTOR

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TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER  
Garrison Institute on Aging

Our mission is to improve the health of older adults by advancing knowledge through research, offering educational opportunities to students, health care professionals, and the public, providing geriatric healthcare services, and advocating for health policy innovation.



### For more information contact us at:

Texas Tech University Health Sciences Center  
6630 South Quaker, Suite E | Lubbock, Texas 79413  
T: 806.743.7821 | [www.ttuhscc.edu/aging](http://www.ttuhscc.edu/aging)

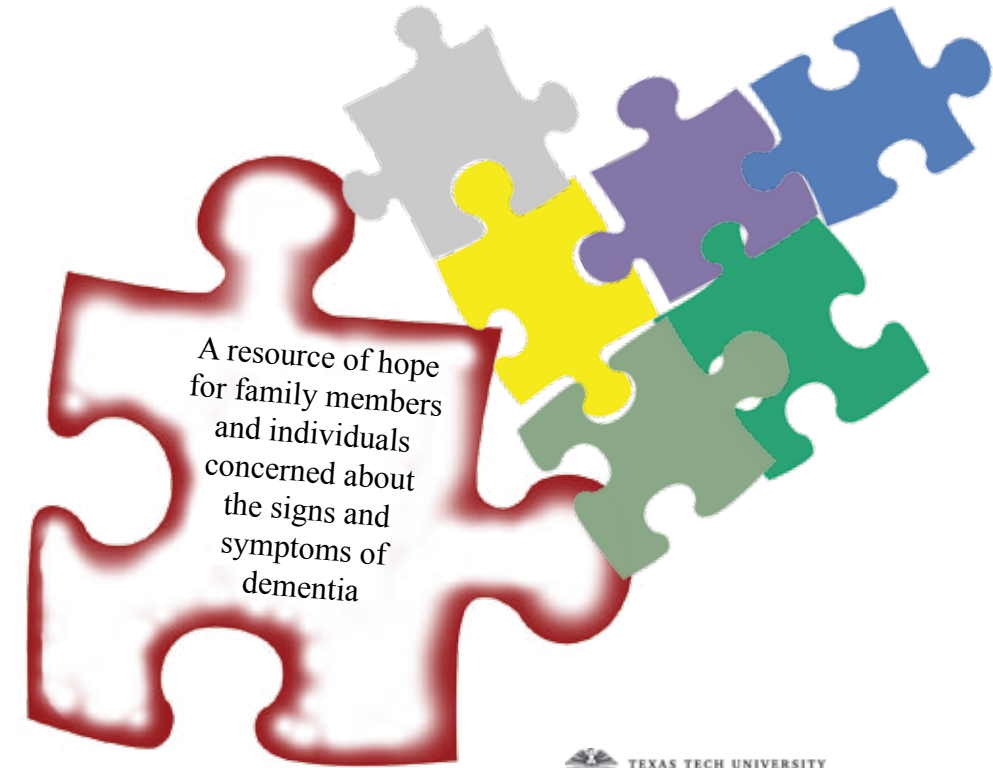


**You can make a difference.** Your financial support to the Garrison Institute on Aging will be used for program needs. Among these needs are research operating funds, technology and research equipment upgrades, and training and community outreach support. Any level of donation is gladly accepted. To donate or learn more about specific sponsoring opportunities, contact the Garrison Institute at the number above.

Design and printing of this brochure was made possible by the generous donation from the Don-Kay-Clay-Cash Foundation.

# EARLIER ✓ THAN THE EARLY SIGNS OF DEMENTIA

## Putting the Pieces Together



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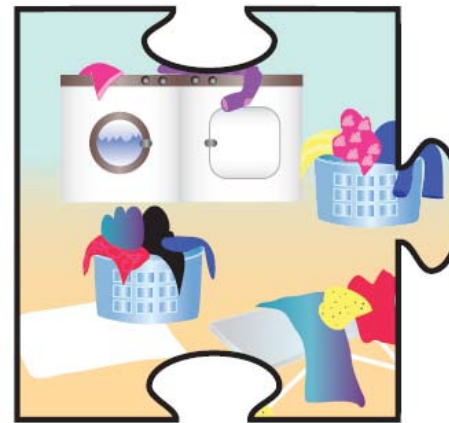
### Short term memory loss

Although there are stacks of canned beans in the pantry, Marge keeps buying more.



### Difficulty performing a familiar task

Always neat and meticulous about laundry and ironing, Marge no longer seems to care that these things are left undone.



### Time and place disorientation

Marge no longer recognizes familiar surroundings and sometimes wanders away from her home.

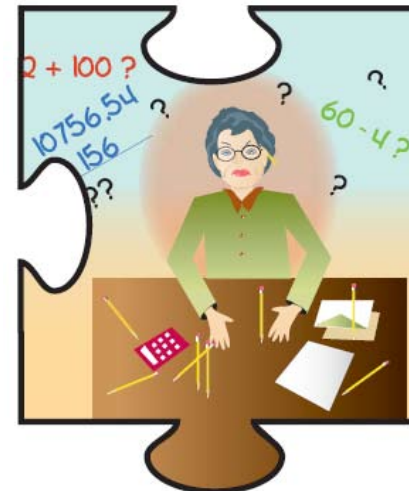


### Reality and fantasy become blurred

Marge thinks what she sees on TV is real. If there is bad weather or a story about war, she becomes childish and frightened.

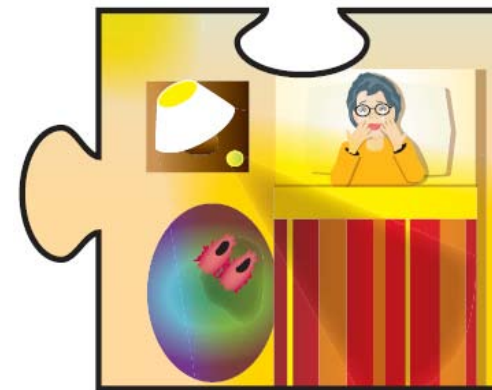
### Difficulty with abstract thinking

Marge, a former bookkeeper, never let her finances get out of control. Marge now finds simple math difficult and balancing her checkbook a challenge.



### Sundowning and sleeplessness

Marge is very agitated as evening draws near. She is restless and fearful of shadows.



## Are you concerned a loved one may have dementia?



Did Marge's story remind you of behaviors that you have seen in a loved one? One unusual or concerning behavior may be hard to recognize. Early signs will not appear daily. However, when it is put together like puzzle pieces with other incidents or signs, it can show a bigger picture of subtle cognitive changes.

Dementia, or the loss of intellectual functions such as thinking, remembering, or reasoning that interferes with daily life, is NOT a normal process of aging.

**Put a check next to the true statements about your loved one.**  
*Remember, these signs may be sporadic and not take place daily.*

- He/she loses interest in his/her activities, hobbies, reading, attending church, or other social activities.
- He/she often repeats him/herself or asks the same questions repeatedly.
- He/she is more forgetful or having trouble with short-term memory.
- He/she may need constant reminders to do tasks like taking medication, shopping, etc.
- He/she forgets appointments, holidays, or important family dates.
- He/she seems sad, in a bad mood, angry or cries more often than in the past.
- He/she starts having trouble doing simple calculations, balancing a checkbook, or managing finances.
- He/she becomes irritable, agitated, suspicious, or has started seeing, hearing or believing things that are not real.
- There are concerns about his/her driving and getting lost, or the person has stopped driving.
- He/she has trouble finding the words he/she wants to say, finishing sentences, or naming people or things.
- His/her eating, dressing, bathing, or using the bathroom habits are changing and may need help to complete.