



Recognizing and Treating Memory Loss

It is normal for older adults to experience lapses in memory every now and again, or sometimes have a difficult time remembering a name. Although not all memory loss and dementia are the result of Alzheimer's disease, if you notice a consistent pattern of behavior or issues with yourself or a loved one, it may be time to talk to a doctor.

Here are just a few of the things to look for that could be early signs of memory loss from myLifeSite:

1. **Communication difficulties:** Frequent problems with finding the right word or recalling names of people or items or asking the same question repeatedly.
2. **Issues with familiar tasks:** Trouble cooking a favorite recipe, traveling to a familiar location, paying bills or playing a beloved game.
3. **Misplacing items:** Frequently putting items in unusual places, like the car keys in the freezer, and not being able to retrace steps to locate the item.
4. **Mood swings or agitation:** Going from happy to angry for no apparent reason; pacing, getting upset in certain locations or fixating on certain details.
5. **Poor hygiene:** Forgetting to bathe, brush teeth or change clothes.
6. **Poor judgment:** Spending money in unusual or irresponsible ways; dressing inappropriately for the weather.
7. **Wandering:** Repeatedly walking off aimlessly and/or becoming lost.



Call 540-712-3362 or visit www.thelegacyatnorthaugusta.org

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