



10

Loss of initiative

It's normal for people to tire of work, interests or social responsibilities. A person with dementia may lose interest or be unable to get started on things that they used to enjoy doing.

1

Recent memory loss that affects daily life

It's normal to forget meetings, names or telephone numbers occasionally and then remember them later. A person with dementia might have trouble remembering conversations or may ask repeated questions.

9

Relating to others

People's personalities can change a little with age. A person with dementia may suddenly become more outspoken and seem less considerate or become more socially withdrawn and unconfident.

2

Difficulty performing regular tasks

It's normal to make a wrong turn occasionally while driving. Someone with dementia might have regular difficulty driving a familiar route.

8

Changes in mood and behaviour

Everyone becomes sad or moody from time to time. A person with dementia can have rapid mood swings, from calmness to tears to anger, for no apparent reason, or because they are having more difficulty coping with stress.

3

Problems with language

Many people occasionally have trouble finding the right words. But someone with dementia might have difficulty following or starting a conversation, or may use the wrong words.

7

Misplacing things

Anyone can misplace their wallet or keys. A person with dementia may repeatedly put things in inappropriate places.

4

Disorientation of time and place

It's normal to forget for a moment what day it is or why you went into a room. A person with dementia may be confused about the time of day and what it's appropriate to do at that time (for example, eating breakfast at dinner time).

6

Problems with complex tasks

It's normal to have difficulty balancing a budget, for example. A person with dementia may be unable to keep track of finances or manage to plan or cook meals.

5

Decreased or poor judgment

Making a poorly thought through decision once in a while is normal. A person with dementia might make bad decisions frequently and may start paying less attention to their physical appearance.



Ten warning signs of dementia

If you're worried that you or someone you know is showing signs of dementia, see your GP for a full assessment