



Early Dementia or Normal Aging?

Would you be able to spot the symptoms of early dementia? Take this short quiz to find out: For each question, answer "N" for "Normal Aging" or "D" for "Early Dementia."

- ____ 1. Your kids and grandkids arrive for their regular Sunday dinner – and you completely forgot about it.
- ____ 2. You want to ask your neighbor how her daughter is doing, but you can't remember her name --- until later.
- ____ 3. You sometimes look in the mirror and you don't recognize yourself. It's very strange to you.
- ____ 4. You always miss the turn to get to your grandkids regular soccer field.
- ____ 5. You find your glasses in the trash bin, your watch in the refrigerator, or other objects in strange places.
- ____ 6. You usually kept track of your finances, but now your bills are a complete mess.
- ____ 7. You made a doctor's appointment months ago but completely forgot to show up.



Early Dementia Warning Signs

- Memory loss that disrupts daily life
- Difficulty planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- New problems with finding the right words
- Social withdrawal
- Personality changes

Answers: 1) D, 2) N, 3) D, 4) N, 5) D, 6) D, 7) N