



and what to do about it



10 SIGNS of DEMENTIA

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- What is dementia?
- Can anyone get dementia?
- The 10 signs of dementia are
- I have dementia what do I do now?

10 SIGNS of DEMENTIA

Daughterly Care

In-Home Care
Dementia & Elder Care
Our Specialty

Специализация
Деманция & Елдер Сеге
И-Номе Сеге

10 SIGNS of DEMENTIA



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Note: This list is for information only and not a substitute for a consultation with a qualified professional.

Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.

Who gets dementia?

Most people with dementia are older, but it is important to remember that not all older people get dementia. **It is not a normal part of ageing.** *Dementia* can happen to anybody, but it is more common after the age of 65 years. People in their 40s and 50s can also have *dementia*.

Alzheimer's disease accounts for 60 to 80 percent of cases. *Vascular dementia*, which occurs after a stroke, is the second most common dementia type. Other forms of dementia are Parkinson's disease, *Dementia* with Lewy bodies, Fronto Temporal Lobar Degeneration (FTLD), Huntington's disease, Alcohol related *dementia* (Korsakoff's syndrome) and Creutzfeldt-Jacob disease.

There are many other conditions that can cause symptoms of dementia, including some that are reversible, such as thyroid problems and vitamin deficiencies.

What are the early signs of dementia?

Dementia symptoms vary depending on the cause, but common signs and symptoms include cognitive and psychological changes.

The early signs of *dementia* are very subtle and vague and may not be immediately obvious. Some common symptoms may include:

- Progressive and frequent memory loss, particularly remembering recent events
- Increasing confusion
- Reduced concentration
- Personality or behaviour changes
- Apathy, withdrawal or depression
- Loss of ability to perform everyday tasks

1. Memory loss that affects day-to-day function

It's normal to occasionally forget appointments and remember them later. A person with *dementia* may forget things more often or not remember them at all.

Signs of Alzheimer's	Typical age-related changes
Poor judgment and decision making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

Though memory loss generally occurs in dementia, memory loss alone doesn't mean you have dementia. There is a certain extent of memory loss that is a normal part of ageing.

2. Difficulty performing familiar tasks

People can get distracted and they may forget to serve part of a meal. A person with *dementia* may have trouble with all the steps involved in preparing a meal or remembering a familiar recipe.

3. Disorientation to time and place

A person with dementia may have difficulty finding their way to a familiar place, or feel confused about where they are, or think they are back in some past time of their life.

An individual with Alzheimer's disease suffers death of the nerve cells very gradually, over a period of years. This causes them to struggle with thinking, decision-making and memory, which makes life confusing and scary, often causing them to withdraw from normal day-to-day life.

For example, this sufferer may become confused or even lost when out on their own and may not be able to remember where they are, how they got there, or how and where to return home. They may gradually start to forget familiar people, places, facts, what day it is, year it is, or what time of the day it is.

4. Problems with language

Everyone has trouble finding the right word sometimes, but a person with *dementia* may forget simple words or substitute inappropriate words, making them difficult to understand. They might also have trouble understanding others.

5. Problems with abstract thinking

Managing finances can be difficult for anyone, but a person with *dementia* may have trouble knowing what the numbers mean or what to do with them.

6. Poor or decreased judgement

Many activities require good judgement. When this ability is affected by *dementia*, the person may have difficulty making appropriate decisions, such as what to wear in cold weather.

7. Problems with spatial skills

A person with *dementia* may have difficulty judging distance or direction when driving a car.

Difficulty with coordination and motor functions will occur as the condition progresses and can take years, but occurs when you lose the physical ability to perform routine tasks, such as going to the toilet or operate the stove. This is certainly the time to consider Live-In-Care for your own safety.

8. Problems misplacing things

Anyone can temporarily misplace a wallet or keys. A person with *dementia* may often put things in inappropriate places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing.

9. Changes in mood, personality or behaviour

Everyone becomes sad or moody from time to time. Someone with dementia can exhibit rapid mood swings for no apparent reason. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone. However, some can become disinhibited or more outgoing.

10. A loss of initiative

It's normal to tire of some activities. However, *dementia* may cause a person to lose interest in previously enjoyed activities.

At present there is no prevention or cure for most forms of dementia. However, some medications have been found to reduce some symptoms.

Support is vital for people with dementia and the help of families, friends and carers can make a positive difference to managing the condition.

Sources:

<http://www.mayoclinic.org/diseases-conditions/dementia/basics/definition/con-20034399>

<https://fightdementia.org.au/about-dementia-and-memory-loss/about-dementia/what-is-dementia>

<http://www.activebeat.co/your-health/the-10-common-symptoms-of-dementia/2/>

Daughterly Care has an array of [services](#) to support those with dementia and we design our services to meet the needs of our clients. We provide in home care anywhere from [2 hours](#) through to around the clock care with [Live In care](#) or [24 Hour care](#)

Read what [our clients say](#) about Daughterly Care as they are the ones who know all about us. You can also read an example of [‘Exceptional Care’](#) and [why we started](#) Daughterly Care.

If you’re not sure what type of care is suitable for you or your loved one, don’t hesitate, give us a call and let’s chat. (02) 9970 7333.



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‘We care like daughters’

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