

# **EVERGREEN HEALTH & REHAB**

## **The Seven Warning Signs of Alzheimer's Disease**

**The purpose of this list is to alert the public to the early warning signs of one of the most devastating disorders affecting older people- Alzheimer's Disease. If someone has several, or even most of the listed symptoms, it does not mean they definitely have the disease. It does mean they should be thoroughly examined by a medical specialist trained in evaluating memory disorders, such as a neurologist, psychiatrist, or by a comprehensive memory disorder clinic, with an entire team of expert knowledgeable about memory problems.**

**The seven warning signs of Alzheimer's Disease are:**

- 1. Asking the same question over and over again.**
- 2. Repeating the same story, word for word, again and again.**
- 3. Forgetting how to cook, or how to make repairs, or how to play cards-activities that were previously done with ease and regularity.**
- 4. Losing one's ability to pay bills or balance one's checkbook.**
- 5. Getting lost in familiar surroundings, or misplacing household objects.**
- 6. Neglecting to bathe, or wearing the same clothes over and over again, while insisting they have taken a bath or that their clothes are still clean.**
- 7. Relying on someone else, such as a spouse, to make decisions or answer questions they would have handled themselves.**

**(The following information is courtesy of The Suncoast Gerontology, University of South Florida, Revised 1999)**