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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.**

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.**

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.**

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).**

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

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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 **A person with dementia may suddenly become more outspoken and seem less considerate or become more socially withdrawn and unconfident.**

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.**

7

Misplacing things

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

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.**



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