HOW WELL ARE YOU THINKING? Signs of dementia

* Memory loss – one of the most common issues is forgetting recently learned information. Others include forgetting important dates or events; asking for the same information more than once; relying on memory aides or family members for things you used to handle on your own.
* Decreased or poor judgment – maybe in relation to money, giving large amounts without regard to a financial plan, closing accounts without regard to loss or penalty, making decisions that are inconsistent with current long-term goals and commitments, refusing to follow appropriate investment advice.
* Difficulty understanding simple concepts – change in ability to develop and follow a plan or work with numbers, trouble keeping track of monthly bills, managing the budget, or understanding recently completed financial transactions.
* Mood swings – becoming more confused, suspicious, depressed, fearful, or anxious. Concerned or confused about missing funds in accounts, where there were no unauthorized money movements.
* Trouble communicating – trouble following or joining a conversation; stopping in the middle of a conversation and having no idea how to continue; repeating yourself; struggling with vocabulary; having problems finding the right word or calling things the wrong name.
* Confusion with time and place – disoriented with surroundings. Losing track of dates, seasons, and the passage of time. Forgetting where you are or how you got there.
* Difficulty with familiar tasks – difficulty in completing daily tasks. Trouble driving to a familiar location, or remembering rules to a favorite game. Pay less attention to grooming or cleanliness.
* Withdrawal from work or social activities – removing yourself from hobbies, social activities, work projects, sports. Have trouble keeping up with a favorite sports tam or remembering how to complete a favorite hobby. Avoiding being social.
* Misplacing things and losing the ability to retrace steps – may put things in unusual places. May lose things and be unable to go back over your steps to find them again. May accuse others of stealing.

If you or someone you love exhibits these signs, it may be time to seek help.