

What Memory Changes are Normal?

The chart below identifies types of brain changes. **If you or someone else you know has symptoms from the right side, contact your physician or the ADRC**

Information on memory screens and resources for a thorough medical assessment are available to help you figure out the cause of the symptoms.

<i>Normal age-related memory changes</i>	<i>Symptoms that may indicate dementia</i>
Able to function independently and pursue normal activities, despite occasional memory lapses	Difficulty performing simple tasks (paying bills, dressing appropriately, washing up); forgetting how to do things you've done many times
Able to recall and describe incidents of forgetfulness	Unable to recall or describe specific instances where memory loss caused problems
May pause to remember directions, but doesn't get lost in familiar places	Gets lost or disoriented even in familiar places; unable to follow directions
Occasional difficulty finding the right word, but no trouble holding a conversation	Words are frequently forgotten, misused, or garbled; repeats phrases and stories in same conversation
Judgment and decision-making ability the same as always	Trouble making choices; May show poor judgment or behave in socially inappropriate ways

Know the Ten Warning Signs

Alzheimer's Association guide to the 10 Warning Signs can also help identify a need for a more comprehensive evaluation. You can review the 10 warning signs and other information [here](#).

How can I care for my Brain Health?

Throughout your life, your brain's job is to help you make sense of the world and help oversee your daily operations and life. Brain health refers to the ability to remember, learn, play, concentrate and maintain a clear, active mind. It's being able to draw on the strengths of your brain—information management, logic, judgement, perspective and wisdom. Simply, brain health is all about making the most of your brain and helping reduce some risks to it as you age

Here are a few resources to check out:

- [Ways to keep your brain healthy](#)
- [10 Ways to Love your Brain](#)
- [Engage your Brain](#)
- [The MIND Diet](#)
- [Stay Mentally and Socially Active](#)