



*The Heart of Alzheimer's Caregiving*

## Programs and Services

24-hour Helpline

Education and Training

Support Groups

Social Work Services

Family Caregiver Workshop

MedicAlert® NYC Wanderer's Safety Program

Community Outreach

connect2culture®

Palliative and Residential Care Program

And more...

**CaringKind**

**24-hour Helpline: 646-744-2900**

**[www.caringkindnyc.org](http://www.caringkindnyc.org)**

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[www.nia.nih.gov/health/alzheimers](http://www.nia.nih.gov/health/alzheimers)*

360 Lexington Avenue, 3rd Floor  
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[www.caringkindnyc.org](http://www.caringkindnyc.org)

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*Formerly known as  
the Alzheimer's Association, NYC Chapter*



*The Heart of Alzheimer's Caregiving*

## Signs and Symptoms of Alzheimer's Disease



*Forgetfulness could be a problem if  
memory difficulties begin to affect you  
or your daily life.*

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# What are the first signs of Alzheimer's disease?



Forgetting things (like forgetting where you parked the car) can be a normal part of aging. It could be more serious if the memory problems begin to seriously affect daily life.

These problems could be early signs of Alzheimer's disease or another type of dementia. Here are some of the early warning signs:

## Memory loss that disrupts daily life.

- Asking the same question or repeating the same story over and over again.
- Forgetting information just learned or losing track of important dates, names and places.
- Relying heavily on memory aids like Post-it notes or reminders on your smartphone.

## Difficulty planning or solving problems.

- Difficulty concentrating on detailed tasks, especially involving numbers; for example, keeping track of bills and balancing a checkbook.

## Forgetting how to do familiar tasks.

- Forgetting how to do activities that were previously routine, such as cooking, making repairs, or playing cards.

## Confusion with dates, time or place.

- Distorted view of dates, time or place.
- Becoming disoriented or feeling lost in familiar places.

## Trouble with visual relationships.

- Difficulty reading words on a page, judging distances or telling colors apart.

## New problems with words in speaking or writing.

- Trouble finding the right word or calling things by the wrong name.
- Conversations can be a struggle and difficult to follow.

## Misplacing objects and the inability to retrace steps.

- Finding objects in unusual places, like a watch in the refrigerator.
- Misplacing things and inability to retrace steps; accusing people of taking things.

## Poor decision making or judgment.

- Relying on someone else, such as a spouse to make decisions or answer questions.
- Making poor decisions, such as giving away money inappropriately.
- Less attention to grooming.

## Difficulty in participating and starting social activities at home or at work.

- Watching television or sleeping more.
- Lacking motivation.
- Scaling back on work projects or becoming less involved in favorite hobbies.

## Mood swings and changes in personality.

- Getting upset more easily.
- Feeling depressed, scared or anxious.
- Being suspicious of people.

If you or someone you know is able to check off any of the above examples from the list, please call our Helpline at 646-744-2900 to get more information about what you should do next. We are here to help.

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