

# Signs & Symptoms of Memory Loss

Today we learned together how to recognize the signs and symptoms of memory loss and how to tell them apart from normal aging.

Since Alzheimer's and dementia are progressive diseases, some symptoms may appear gradually, making them harder to detect. Please pay attention to behaviors and talk to a health professional about any changes you find concerning.

1. ***Memory loss that disrupts daily life*** – forgetting new information or important names and dates, relying on memory aids and frequent reminders from family members
2. ***Challenges in planning or solving problems*** – having difficulty making a plan and following it, having difficulty concentrating.
3. ***Difficulty completing familiar tasks*** – forgetting where an item is kept or how to drive to a familiar place.
4. ***Confusion with time or place*** – losing track of dates, seasons or the passage of time, forgetting where you are or how you got there.
5. ***Trouble with visual images or spatial relationships*** – difficulty reading, judging distance, or determining color.
6. ***New problems with words in speaking or writing*** – having trouble following a conversation, finding the right words, or making up new words, stopping mid-sentence and not knowing how to continue.
7. ***Losing the ability to retrace steps*** – misplacing things in unusual places and not knowing how to find them, may accuse others of stealing.
8. ***Decreased or poor judgment*** – mishandling money and giving away large amounts to telemarketers, ceasing to take care of personal grooming or appearance.
9. ***Withdrawal from work or social activities*** – removing themselves from hobbies and social situations, either because they have trouble remembering or are embarrassed by the changes they've experienced.
10. ***Changes in mood or personality*** – becoming increasingly confused, anxious, suspicious, fearful, or depressed, may be easily upset with people and places that are outside of their comfort zone.

*Do you need immediate help?*

***Please call the Alzheimer's Association 24/7 HELPLINE 800.272.3900***

# No matter where you go, Oasis makes getting there easy.

Assisted Living

Residential Care Homes

Memory Care

Independent Living

Skilled Nursing Facilities

Respite Services

Retirement Communities

Community-based Resources

Oasis Senior Advisors went the extra step for me. My advisor was compassionate and knowledgeable.



L. Clayton

I appreciate all of the help and guidance we received from Oasis. They definitely helped me make important decisions. They had information that no one else I talked with seemed to have. I know I have a resource I can rely on. Thanks again for all of your help.

David C.

I have referred a number of families to Oasis and will continue doing so. Every family is treated with tremendous respect, with their needs coming first. Do NOT look for a new living situation alone. There are too many decision points to list. Oasis will guide you through the maze.

Kris B.

## Are you looking for help with more senior living services?

We're here for you! We can connect you with our network of professional partners such as elder law attorneys, financial planners, transportation specialists and more. Talk to me about your needs so we can connect you with the right resources today.

**Give your local Oasis Senior Advisor a call today to get started!**

**Mary Klatt, Certified Dementia Practitioner**  
Senior Living Advisor

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