

Normal Aging

Most people have a harder time with thinking and remembering things as they grow older. But serious problems with memory and mental function are not a normal part of aging.

Normal aging signs include:

- Not being able to remember things as well as you used to, but you are still able to remember daily living tasks and perform them
- You may get lost easier but you still remember how to drive a car
- It takes longer to learn new things, but you are still able to follow written and spoken directions
- Losing things like your glasses, but you are still able to care for yourself

You can use this checklist of potential signs of early Alzheimer's Disease to discuss with your healthcare provider:

Potential Signs of Early Alzheimer's Disease	
<input type="checkbox"/>	Difficulty remembering recent events
<input type="checkbox"/>	Need frequent reminders to remember tasks at hand
<input type="checkbox"/>	Often repeating things in conversation
<input type="checkbox"/>	Gradually cannot follow written or spoken directions
<input type="checkbox"/>	Unable to care for oneself over time

Keep in mind that memory problems can also be caused by other health conditions, not just Alzheimer's Dementia.