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**Senior Snippets**  
**Warning signs of Alzheimer's Disease to look out for**

Welcome to the latest edition of **Senior Snippets**: the monthly advisory column with the older members of our community in mind, brought to you by **STUART HART**, Director of Home Instead Senior Care Ruislip & Harrow.

**The 15<sup>th</sup> June is Cupcake Day for Alzheimer's and Home Instead Senior Care will have an open house at our office at 51a High Street, Ruislip HA4 7BD, when you can join us for a cupcake and a cup of tea all in aid of the Alzheimer's Society.**

According to The Alzheimer's Society, there are 850,000 people with dementia in the UK with numbers set to rise to 1 million by 2025. Alzheimer's disease is the most common form of dementia, but what all forms of dementia have in common is a high risk of behavioural disorders- change in personality and people behaving out of character.

Here are some warning signs of Alzheimer's disease that are important to look out for.

**Memory loss that disrupts daily life:** One of the most common signs is memory loss, especially forgetting recently learned information.

**Challenges in planning or solving problems:** Some people may experience changes in their ability to develop and follow a plan or work with numbers.

**Difficulty completing familiar tasks at home, at work, or at leisure:** People sometimes may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favourite game.

**Confusion with time or place:** Losing track of dates, seasons, and the passage of time.



**Trouble understanding visual images and spatial relationships:** For some people, having vision problems is a sign. They may not realise they are the person in the mirror, for instance.

**New problems with words in speaking or writing:** You may notice a person has trouble following or joining a conversation.

**Misplacing things and losing the ability to retrace steps:** Placing things in random unusual places. Sometimes the person may accuse others of stealing the items.

**Decreased or poor judgment:** Experience changes in judgment or decision making

**Changes in mood or personality:** Some can become confused, suspicious, depressed, fearful, or anxious. They may be easily upset at home, at work, or with friends or in places where they are out of their comfort zone.

If you have questions or concerns about dementia, it is best to visit with your GP, who can help guide you in the right direction.

If you would like to speak to someone at Home Instead, please do not hesitate to get in touch. We also welcome any suggestions for future topics from you all. All you have to do is write to me at [stuart.hart@homeinstead.co.uk](mailto:stuart.hart@homeinstead.co.uk) or by post to **51a High Street, Ruislip HA4 7BD**