10 warning signs of dementia

1. Memory loss
2. Difficulty performing familiar tasks
3. Problems with language
4. Disorientation to time and place
5. Poor or decreased judgement
6. Problems keeping track of things
7. Misplacing things
8. Changes in mood and behaviour
9. Challenges understanding visual and spatial information
10. Withdrawal from work or social activities

If these signs are new, they may be a sign of dementia.

Dementia is not a normal part of ageing.

Speak to your doctor or contact your dementia and Alzheimer association.

www.alzint.org