


How frustrating it is to forget things. It always seemed that forgetting this or that was normal but as the years go by it gets harder to remember names of people, movies, and songs. Is this normal? How about losing things? Can't remember what I did with that note, or what happened to my winter gloves... Is this normal?

Going to get something and can't remember why you came in the room. Wow, that has happened a time or two. When should I worry this is beyond normal forgetfulness?

Does this sound familiar? Well, the answer to the question is, yes it is  normal. Especially as we age we tend to have a harder time getting the brain to find that name in all the memories. As we age our brain changes.

I did a blog on "normal versus not-normal" aging in my May 12th blog. Click [HERE](#) to see this post. This was based on a presentation here at the Gathering Place about the normal aging of the brain. This blog is focused on knowing the difference between normal aging memory loss and Dementia (including the most common form of dementia which is Alzheimers).

With new testing possibilities and medications it is critical to get an early diagnosis. With all the treatments that are now available for dementia, early diagnosis and medication can delay or manage symptoms and improve daily living.

Here is a short list of what the differences are:

Signs of Alzheimer's/dementia

Typical age-related changes

- Poor Judgement and decision making
- Inability to manage a budget
- Losing Track of the date or the season
- Difficulty having a conversation
- Misplacing things and being unable to retrace steps to find them
- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time

There is additional information about Alzheimers at the Alzheimers Association website. Click [HERE](#) to go directly to the site. The 10 Signs for Early Detection flyer is posted on the bulletin board in the Gathering Place and is on their website. A great resource.

✘ If you are concerned about memory loss the best thing to do is work with your doctor to get tested. Early diagnosis is the key. Also, the holidays are a good time to discuss your concerns with your family to get their support in taking next steps.

Quote of the Week:

“By the time you’re eighty years old you’ve learned everything. You only have to remember it.” George Burns (1896-1996)

Have a good week ahead!