

10 Warning Signs of Alzheimer's Disease

1. **Memory loss that affects ability to work.**
2. **Hard to perform everyday tasks.** (e.g. getting dressed)
3. **Saying the same thing over and over.**
4. **Unsure of time or familiar places.**
5. **Strange behavior.** (e.g. wearing a winter coat during summer)
6. **Doesn't understand things they cannot see.**
7. **Misplacing important things.** (e.g. bills, checkbook)
8. **Crying for no reason or becoming sad.**
9. **Changes in personality.** (e.g. calm person now gets angry)
10. **Loss of interest.**

Some forgetfulness is a common part of daily life for most people. Memory loss and behavior changes are signs that you or a family member may have Alzheimer's disease or a related dementia. If you think there is a problem, it is important to see your doctor or contact the Alzheimer's Association.

For more information, please call.



St. Louis
(314) 432-3422
(314) 383-9001 (St. Louis city)
or (800) 980-9080

Illinois
(618) 346-4073

Southeast Missouri
(573) 332-8170 or
(888) 833-1641

You can call *Helpline* for support and information. Just dial (800) 980-9080 or e-mail (helpline@alzstl.org).

Someone to share with...

You can join *Support Groups* with other families and share experiences and learn from others.

Someone to learn from...

You can attend *Family Education* classes. You will learn about issues and research related to every stage of Alzheimer's disease.

Someone to help...

You can sign-up your loved one in the *Safe Return* program. This nationwide program helps others locate and return people with dementia who are lost.

Someone to plan with...

You and your family can receive *Family Care Planning*. A social worker will provide counseling and family planning in the home or chapter office.

Someone to relieve you...

Your family can receive *Respite Care Assistance*. Respite assistance gives Missouri families' financial help for adult day care and in-home services.

Someone to access...

You can learn more about Alzheimer's disease on the *Internet* at www.alzstl.org or at our *Library*. You can access information about programs, events, and support groups. Our library has books, videos and cassette tapes available for loan or purchase.

Someone to stand by you...

The Alzheimer's Association helps people with memory loss and their families.

