

Know the Signs: Memory and Aging



As you age, you may notice some small changes in thinking or memory. But there are some changes that can disrupt your life and may be important to share with a doctor.



Age-related Forgetfulness:

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Losing things from time to time



Warning Signs

- Problems taking care of monthly bills
- Losing track of the date or year
- Misplacing things often and not finding them
- Getting lost while driving
- Significant changes in behavior

If you notice any of these warning signs, talk to a health professional about what you can do to take care of your brain health. **Talking to a doctor early can help you stay healthy and get the help you need.**



Goldrich Center for Alzheimer's and Memory Disorders