

KUPUNA CONSULTING PRESENTS:

# IS IT ALZHEIMER'S OR JUST OLD AGE?



Alzheimer's Disease is a condition that affects the brain and causes a slow decline in memory, reasoning and thinking skills. Individuals who experience signs and symptoms of Alzheimer's should consult with a doctor immediately.

However, sometimes it may be hard to tell if a person has the symptoms of Alzheimer's or is simply forgetful. Old age sometimes brings changes in mood and minor memory loss. How can one tell if it's Alzheimer's or not?

The Alzheimer's Association offers resources about Alzheimer's and Dementia, including ways to decipher the difference between old age and Alzheimer's Disease symptoms. Read the comparative lists below for details on the differences between the two.

*It may be Alzheimer's if you have...*

- Memory loss that disrupts your daily routine.
- Difficulty solving problems or planning ahead.
- Confusion with dates, seasons, places, or the passing of time.
- A hard time finishing familiar tasks.
- Trouble reading, judging distance or determining color or contrast.
- New problems with words in speaking or writing.
- Lost the inability to retrace your steps.
- A history of putting items in unusual places and then misplacing them.
- Decreased judgment or decision-making.
- Started to remove yourself from work or from social activities.
- Witnessed a change in mood or personality.

*It may be old age if you...*

- Sometimes forget someone's name or an appointment.
- Make occasional errors when paying your bills.
- Need help programming a new appliance.
- Sometimes get confused about the date, but remember later.
- Have age-related changes in your vision.
- Can't find the right word occasionally.
- Forget where you put something and need to retrace your steps to find it.
- Make a bad decision here and there.
- Sometimes want to avoid work, family or social obligations.
- Become irritable when your routine is disrupted.

If you notice any of these Alzheimer's warning signs in yourself or a loved one, please be proactive. Contact a doctor to schedule an appointment as soon as possible.

If you or a loved one has Alzheimer's Disease, it is important to consider the planning options in various areas such as living arrangements, finances, and health insurance. A Certified Senior Advisor can help plan for important life events. For more information and to talk to a Certified Senior Advisor today, [click here to contact Kupuna Consulting today.](#)



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