10 Possible Signs of Dementia

Ten common signs of dementia are described below. If you are concerned about any of these changes in yourself or someone else, contact a health-care provider or your local Alzheimer Society.

- **Disorientation in time and place**
  Not knowing what day of the week it is or getting lost in a familiar place.

- **Changes in mood, behaviour and personality**
  Experiencing severe mood changes or behaving out of character, such as being suspicious or withdrawing.

- **Difficulty doing familiar tasks**
  Forgetting how to do something you've been doing your whole life, such as preparing a meal or getting dressed.

- **Misplacing things**
  Putting things in strange places, like a remote in the refrigerator.

- **Loss of initiative**
  Losing interest in spending time with friends and family and in taking part in activities. Needing prompts to become involved.

- **Problems with abstract thinking**
  Having difficulty managing finances or not knowing what numbers are and how they are used.

- **Impaired judgment**
  Not recognizing a medical problem that needs attention or wearing light clothing on a cold day.

- **Changes in language and communication**
  Forgetting words, substituting words or using the wrong words that don’t fit the conversation.

- **Memory changes that affect day-to-day abilities**
  Forgetting who a family member is or not remembering new information.

- **Changes in sight or motion**
  Not seeing objects when walking or difficulty placing items on a table.

For more information, contact your local Alzheimer Society. Visit alzheimer.ca/find.

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