



Tips for Distinguishing Normal Aging or Memory Loss

While we all have our “senior moments” in life, there are specific symptoms of memory loss that differ from what medical experts would consider normal behavior.

Normal Behavior Versus Warning Signs of Memory Loss

Normal behavior: Occasionally forgetting someone’s name or an appointment but remembering it later.

Warning Sign: Memory loss that disrupts daily life – Forgetting recently learned information and important events; asking for the same information repeatedly; relying on memory aides for things that used to be handled routinely.

Normal behavior: Making simple math errors occasionally when balancing a checkbook.

Warning Sign: Challenges in planning or problem solving – Trouble following a plan, directions or a recipe; difficulty keeping track of monthly bills; challenges when working with numbers.

Normal behavior: Needing help once in a while to use the settings on a microwave or to record a TV show.

Warning Sign: Difficulty completing familiar activities – Challenges with driving to a familiar location; challenges remembering the rules of a favorite game; difficulty managing a budget.

Normal behavior: Getting confused about the day of the week, but eventually figuring it out.

Warning Sign: Confusion with time or place – Losing track of dates, seasons or a general passage of time; trouble understanding something if it is not happening in the moment; forgetting where you are or how you got there.

Normal behavior: Vision changes related to cataracts or the aging eye.

Warning Sign: Trouble understanding visual images and spatial relationships – Difficulty reading or judging distance; determining color; not recognizing one’s own reflection in a mirror.

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Normal behavior: Occasionally having trouble finding the right word to use.

Warning Sign: New problems with words in speaking or writing – Difficulty following or participating in a conversation; struggling with vocabulary or “word finding”; calling things by the wrong name.

Normal behavior: Misplacing things from time to time, like a pair of glasses or a wallet.

Warning Sign: Misplacing things and losing the ability to retrace steps – Putting things in unusual places; the inability to retrace steps to find items again; accusing others of stealing items.

Normal behavior: Making a bad decision once in awhile.

Warning Sign: Decreased or poor judgment – Challenges with decision-making; difficulty dealing with money; paying less attention to hygiene.

Normal behavior: Sometimes feeling weary of work, family and social obligations and needing some “downtime” and privacy.

Warning Sign: Withdrawal from work or social activities – Removing oneself from hobbies, work projects, sports, etc.; trouble remembering how to perform a favorite hobby; avoiding social activities because of self-awareness of changes in their abilities.

Normal behavior: Developing specific routines and becoming irritable when disrupted.

Warning Sign: Changes in mood and personality – Confusion or suspiciousness; depression, fear and anxiety; getting easily upset at work with friends or places outside of their comfort zone.

North Woods Village at Edison Lakes is the area’s first single-purpose, residential [memory care assisted living community](#) dedicated to caring for those with Alzheimer’s disease, dementia or other memory impairment, as well as providing education, support and resources to area caregivers and their families. The unique, purpose-built architectural design of North Woods Village at Edison Lakes is one element of “**New Directions**,”SM the community’s signature memory care program that provides the optimal balance of loving care, dignified support, social engagement, wellness and independence.

For more information about [North Woods Village at Edison Lakes](#) and our [Caregiver Education & Support Calendar](#), please [contact us](#) today!

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