



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING
150 YEARS!

A Healthy Tradition of Care and Wellness

Tips for Recognizing the Signs and Symptoms of Alzheimer's Disease

With more Americans living longer today, there is a greater potential that someone in your family may face Alzheimer's disease during their lifetime. Therefore, it has become increasingly important to understand Alzheimer's basic warning signs and symptoms.

According to the **Alzheimer's Association**, the following behaviors are considered valid warning signs of the disease and should be reported to a physician immediately:

- **Memory loss that disrupts daily life** – Forgetting current information and important events and relying on memory aides for things they used to handle routinely.

Normal behavior: Forgetting a name or appointment, but remembering it later.

- **Challenges in planning or problem solving** – Difficulty with creating and following a plan or a recipe; trouble working with numbers; and taking longer than normal to do familiar things.

Normal behavior: Making occasional errors when balancing a checkbook.

- **Difficulty completing familiar activities** – Challenges with driving to a familiar location; difficulty remembering the rules of a favorite game; and difficulty managing a budget.

Normal behavior: Occasionally needing help to use the settings on a microwave or recording a TV show.

- **Confusion with time or place** – Losing track of time, dates and seasons of the year; difficulty understanding something if it is not happening in the present; and forgetting where you are or how you got there.

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

- **Trouble understanding visual images and spatial relationships** – Difficulty reading or judging distance; determining color; and not recognizing one's own reflection in a mirror.

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



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING
150 YEARS!

A Healthy Tradition of Care and Wellness

- **New problems with words in speaking or writing** – Difficulty in following or joining a conversation; struggling with “word finding;” calling things or people by the wrong name.

Normal behavior: Occasionally having trouble finding the right word.

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

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

- **Failing judgment** – Challenges with decision-making; difficulty dealing with basic money issues.

Normal behavior: Making a bad decision once in awhile.

- **Withdrawal from work or social activities** – Removing oneself from hobbies, work projects, sports, etc.; avoiding once-enjoyed social activities.

Normal behavior: Sometimes feeling in need of a break from work, family and social obligations.

- **Changes in mood and personality** – Depression, fear and anxiety; confusion or suspiciousness; getting easily upset.

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

Discover our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Hospital, **Saunders House** – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to seniors and their families. It’s a tradition we’re proud to continue.

Today, Saunders House offers a range of services including [short-term rehabilitation](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

For more information on **Saunders House**, our short-term rehabilitation program and other professional services, please call us today at **(610) 658-5100** or [contact us](#) online.