Understanding the Symptoms of Mild Cognitive Impairment

Knowledge and experiences built over years, old memories, and language would stay intact.

People with dementia have symptoms that can vary such as:

- Memory
- Attention
- Communication
- Reasoning, judgment, and problem solving
- Visual perception beyond typical age-related changes in vision

Signs that may point to dementia include:

- Getting lost in a familiar neighborhood
- Using unusual words to refer to familiar objects
- Forgetting the name of a close family member or friend
- Forgetting old memories
- Not being able to complete tasks independently

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What increases the risk for dementia?

How is Dementia Diagnosed?
A healthcare provider can perform tests on attention, memory, problem solving and other cognitive abilities to see if there is cause for concern. A physical exam, blood tests, and brain scans like a CT or MRI can help determine an underlying cause. Talk to a medical provider if you observe changes in your loved one.

Know What Factors To Look For

- **Age**
  The strongest known risk factor for dementia is increasing age, with most cases affecting those of 65 years and older

- **Family history**
  Those who have parents or siblings with dementia are more likely to develop dementia themselves.

- **Race/ethnicity**
  Older African Americans are twice as likely to have dementia than Caucasians. Hispanics 1.5 times more likely to have dementia than Caucasians.

- **Poor heart health**
  High blood pressure, high cholesterol, and smoking increase the risk of dementia if not treated properly.

- **Traumatic brain injury**
  Head injuries can increase the risk of dementia, especially if they are severe or occur repeatedly.

For More Information
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