



# Alzheimer's vs. Dementia checklist

## What is the difference?

Dementia is a more general term for a group of symptoms like memory decline, decrease in reasoning, or other higher-level thinking skills. Consider dementia the larger umbrella for many memory diseases. Dementia is a syndrome, not a disease. There are many memory diseases; Alzheimer's is one of them that causes dementia symptoms. Many different types of diseases cause dementia some include; Lewy Body Dementia, Frontotemporal Dementia, Huntington's Disease, Mixed Dementia, Parkinson's Disease Dementia, and Vascular Dementia are among the other prevalent types.

It is important to note that dementia is not a normal part of aging. Dementia causes damage to the brain cells affecting the cell's ability to communicate with each other. This interruption in cell communication can affect individuals thinking, behavior and feelings.

Alzheimer's disease is a specific brain disease. It accounts for the majority of dementia cases, roughly 60%-80%. Alzheimer's disease causes a specific type of brain damage that is very complex. This damage leads to dementia symptoms which worsen over time.

### **Signs and Symptoms of Dementia:**

- Memory loss
- Misplacing things
- Difficulty concentrating
- Difficulty carrying out familiar daily tasks that have been familiar for years, like a game, family recipe, everyday tasks
- Difficulty following conversations or finding the right words when speaking
- Having confusion with time and place and not being able to recall it after a short period of time
- Mood changes
- Impaired judgment
- Difficulty with higher-level thinking or skills, for example, balancing a checkbook or math skills

*(Continued)*

# Alzheimer's vs. Dementia checklist (continued)

## What is the difference?

### Signs and Symptoms of Alzheimer's:

- Memory loss that disrupts daily life
- Forgetting recently learned information, important dates, or events and not being able to recall them later
- Challenges in planning or solving problems
- Having difficulty managing and working with numbers, following familiar recipes, or doing familiar tasks, not just occasionally making an error
- Difficulty completing familiar tasks
- Confusion with time and place
- They are losing track of dates, seasons, and the passage of time. They may forget where they are and are unable to recall it later.
- Trouble understanding visual images or spatial relationships
- Remembering the use of common objects; for example, a phone vs a remote control.
- New problems with words, both speaking or writing
- Having trouble following conversations, repeating themselves, word-finding
- Misplacing things and losing the ability to retrace steps
- Putting things in unusual places and not being able to go back and find them again. They may even accuse others of stealing.
- Decreased or poor judgment
- They are making bad decisions they would usually not make
- Withdrawal from work or social activities
- Changes in mood and personality
- Becoming confused, suspicious, depressed, fearful, or anxious. It is more than just being set in your ways and frustrated with minor disruption.

This does not replace seeing a medical provider. If you feel that you or your loved one are exhibiting any of these symptoms, please contact a medical provider.

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