

Alzheimer's Disease and Related Dementias (ADRD)

- Multiple conditions can cause cognitive changes so a full evaluation is important.
- Get the facts and become informed.
- If you notice memory problems, tell someone you trust (e.g. family, friends, loved ones).
- Have the important treatment decision conversation with your health care provider.

Green Flags – All Clear

What this means ...



If You:

- Notice age-related changes, talked with your healthcare provider, and told someone you trust (e.g. family, friends, loved ones).
- Thought about and communicated your choices and completed *Health Care Advance Directives*.

- Good work!
- Review and update regularly.

Yellow Flags – Consider

What this means ...



If You:

- Notice an increase in memory or recall problems.
- Forget to turn off stove or oven, burn pots and pans, forget to take medications, lose keys frequently.
- Thought about *Health Care Advance Directives* but have not completed paperwork.

- You need a cognitive assessment to find out a possible cause or treatable disease.
- You may have early signs of dementia. Consider completing Health Care Directives paperwork.
- Consider completing *Health Care Advance Directives* paperwork.

- Talk with your healthcare provider.
- Talk with a family, friend, or someone you trust about your decisions and choices on health care treatment.

Red Flags – Stop and Think

What this means ...



If You:

- Have serious health conditions and a decline in your overall health.
- Have no information about your *advance care planning choices*.
- Have not thought about what treatment you would want in the event of a serious illness.

Consider “who will make decisions for me if I cannot speak for myself?”

Seek assistance and support to have the important healthcare and medical treatment discussions.

Alzheimer's Disease and Related Dementia Facts

Dementia is a decline in memory, language, problem-solving and other thinking skills. It is not a normal part of aging. The most common cause of dementia is Alzheimer's Disease (*AhLZ-high-merz*), a progressive brain disease that results in loss of brain cells and function. Warning signs can include:

- Memory loss that disrupts your daily life
- Difficulty in planning or solving problems
- Difficulty with doing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- Problems with words, either speaking or writing
- Misplace things
- Lose the ability to retrace steps
- Poor or decrease judgement
- Withdraw from work or social activities
- Changes in mood or personality

Warning Signs of Alzheimer's Disease or Dementia	Common Age-Related Changes
Poor judgment and decision-making	Making a bad decision occasionally
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day, month, year, and remembering later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

What Can You Do? Look into these resources to stay connected and informed.

- Washington Alzheimer's State Plan: www.dshs.wa.gov/altsa/stakeholders/alzheimers-state-plan
- Washington State Dementia Action Collaborative: www.dshs.wa.gov/altsa/dementia-action-collaborative
- Alzheimer's Association: www.alz.org

Aging and Disability Services

Aging and Disability Services (ADS)—the Area Agency on Aging for King County— plans, coordinates, and advocates for comprehensive services for older adults, family caregivers, and people with disabilities in Seattle and King County.

For more information, call 1-844-348-5464 or e-mail info@communitylivingconnections.org



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