

Mind*, Memory and Your Health

- Take steps to take care of your overall health and wellness.
- Get the facts and stay informed.
- Speak with your healthcare provider if you have concerns about your memory.

Green Flags — All Clear

What this means ...



If You:

- Do not have any memory issues.
- Regularly take steps to live a healthy lifestyle.
- Great work!

Yellow Flags — Consider

What this means ...



If You or Your Loved One:

- Have underlying health issues that are not well controlled.
- Have ongoing memory issues or notice that a loved one is having memory problems.
- Feel down, sad, or hopeless, trouble sleeping, overeating or undereating.
- Have sudden onset of restlessness, agitation, disorientation, hallucinations, changes in mood or personality.
- Further evaluation is recommended.
- You may have early memory loss issues, depression.

- **Talk with a healthcare provider.**
- **Talk with a trusted family or a good friend about your concerns.**

Red Flags — Stop and Think

What this means ...



If You or Your loved One:

- Have a combination of memory issues, changes in language, trouble problem-solving, making decisions **AND** change in daily activities (e.g. difficulty with personal hygiene, paying bills), **OR** feelings of self-harm or harm to others.
- Have sudden onset restlessness, agitation, hallucinations.

An assessment and evaluation are needed.

Contact:

- **Healthcare Provider**
- **UW Brain and Wellness Center**

Mind*, Memory and Your Health

Our mind and memory are important to our overall health and wellness and can be affected by health issues. Some issues might be signs of a serious underlying issue or might be something that can be treatable. Delirium, Dementia, and Depression may be experienced by older adults. The Institute of Health Improvement has outlined the 4 M's and one is mentation. This means, preventing, identifying, treating, and managing dementia, depression, and delirium across settings of care.

Feature	Delirium	Dementia	Depression
Onset	Sudden onset	Gradual changes	Gradual
Course	Transient-reversible	Progressive	Reversible, changes
What you might notice	Trouble with attention	Trouble with memory	Trouble with concentration
Awareness	Changes, sometimes more aware	Usually normal awareness	Normal
Hallucinations	Commonly seen	Less commonly seen early in disease	Only seen if severely depressed
Agitation	Commonly seen	Less commonly seen early in disease	Restlessness is noticeable
Disorganized thought	Commonly seen	Less commonly seen	Rarely present
Speech	Sometimes might be slurred	Usually normal	Usually normal, might be slower

**Becoming an Age-Friendly Health System provides a set of four evidence-based elements of high-quality care, known as the "4Ms," to all older adults. The 4Ms represent a broad shift by health systems to focus on the needs of older adults. The 4 M's are Medications, Mentation, Mobility, and What Matters.*

What Can You Do?

- Eat a healthy diet.
- Stay physically active.
- Keep your blood pressure, blood sugar, and cholesterol under control.
- If you have issues of memory, confusion, recall, or have changes in your mood, **OR** if you notice a change in a loved one's memory, talk with a healthcare provider.
- Consider contacting the University of Washington Brain and Wellness Center (206) 520-5000
- Aging and Disability Services Resource Center: Community Living Connections - **See below**

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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