



THE LAW OFFICES OF  
**HOYT & BRYAN, LLC**

FAMILY WEALTH & LEGACY COUNSELLORS

MARGARET "PEGGY" R. HOYT, J.D., M.B.A., B.C.S. ‡†\*  
RANDY C. BRYAN, J.D., B.C.S. ‡†  
SARAH S. AUMILLER, J.D.  
MICHELLE A. ADAMS, J.D.

‡ BOARD CERTIFIED IN WILLS, TRUSTS & ESTATES

† BOARD CERTIFIED IN ELDER LAW

\*CERTIFIED LEGACY ADVISOR™

### **Ten Warning Signs of Alzheimer's Disease**

A recent World Health Organization (WHO) article stated nearly 35.6 million people worldwide live with some form of dementia. The WHO predicts this number will triple by 2050. Alzheimer's is the most common form of dementia, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Memory loss that disrupts daily life may be a symptom of Alzheimer's. The Alzheimer's Association has compiled a list of 10 warning signs and symptoms of Alzheimer's and a typical age-related change for each warning sign. Every individual may experience one or more of these signs in different degrees. If you notice any of them, please see a doctor.

#### ***1 – Memory Loss that Disrupts Daily Life***

Memory loss is one of the most common signs of Alzheimer's, especial forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; relying on memory aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own. *What's a typical age-related change? Sometimes forgetting names or appointments, but remembering them later.*

#### ***2 – Challenges in Planning or Solving Problems***

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. *What's a typical age-related change? Making occasional errors when balancing a checkbook.*

#### ***3 – Difficulty Completing Familiar Tasks at Home, at Work or at Leisure***

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the roles of a favorite game. *What's a typical age-related change? Occasionally needing help to use the settings on a microwave or to record a television show.*

#### ***4 – Confusion with Time or Place***

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes

they may forget where they are or how they got there. *What's a typical age-related change? Getting confused about the day of the week but figuring it out later.*

### **5 – Trouble Understanding Visual Images and Spatial Relationships**

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast. In terms of perception, they are the person in the mirror. *What's a typical age-related change? Vision changes related to cataracts.*

### **6 – New Problems with Words in Speaking or Writing**

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary; have problems finding the right word or call things by the wrong name (e.g., calling a "watch" and "hand-clock"). *What's a typical age-related change? Sometimes having trouble finding the right word.*

### **7 – Misplacing Things and Losing the Ability to Retrace Steps**

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time. *What's a typical age-related change? Misplacing things from time to time, such as a pair of glasses or the remote control.*

### **8 – Decrease or Poor Judgment**

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean. *What's a typical age-related change? Making a bad decision once in a while.*

### **9 – Withdrawal from Work or Social Activities**

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of changes they have experienced. *What's a typical age-related change? Sometimes feeling weary of work, family and social obligations.*

### **10 – Changes in Mood and Personality**

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home,

at work, with friends or in places where they are out of their comfort zone. *What's a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.*

Early diagnosis of Alzheimer's disease is important. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers.

Pre-planning is essential for anyone who has been diagnosed Alzheimer's. With healthcare costs on the rise and an increase in the likelihood of long-term care, pre-planning can add comfort knowing a plan is in place and provide an avenue to assist with paying for long-term care. Please contact our office for more information or to schedule an initial consultation.

The Law Offices of Hoyt & Bryan assists families in the protection of their loved ones by focusing their practice in the areas of Estate Planning, Probate and Trust Administration, Elder Law including Medicaid and VA Planning and Special Needs Planning, Pet Planning, Business Succession Planning and Real Estate. The founders, Peggy Hoyt and Randy Bryan, are both dual board certified by the Florida Bar in Wills, Trusts and Estates as well as Elder Law. Hoyt & Bryan is the only law firm in Florida with the distinction of two attorneys with these certifications. We offer many complimentary educational workshops each week in our Learning Center at The Law Offices of Hoyt & Bryan and monthly workshops in the Auditorium of One Senior Place in Altamonte Springs. For more information please contact our office at 407-977-8080 or visit our website [HoytBryan.com](http://HoytBryan.com).

*The information used in this article was originally published by the World Health Organization (WHO) and the Alzheimer's Association. The WHO can be found at their website [www.who.int/en/](http://www.who.int/en/) and the Alzheimer's Association can be found at their website [www.alz.org](http://www.alz.org). Please visit these websites for more information on dementia and Alzheimer's disease.*