

## RESOURCES

**THE ALZHEIMER'S  
ASSOCIATION\***  
800-272-3900  
[www.alz.org](http://www.alz.org)

**NATIONAL INSTITUTE OF  
MENTAL HEALTH**  
866-615-6464  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

**NATIONAL INSTITUTE  
ON AGING\*\***  
800-438-4380  
[www.nia.nih.gov](http://www.nia.nih.gov)

**PLACER COUNTY HEALTH  
AND HUMAN SERVICES**  
11542 B Avenue  
Auburn, CA, 95603  
530-889-7610



# PLACER COUNTY PROTECT

**Providing Resources & Outreach To Elderly Citizens Together**

*A local collaboration between the District Attorney's Office,  
Victim Services, Adult Protective Services, law enforcement,  
and other local agencies and community representatives*

**CONTACT US:**  
(916) 645-7226

**[PROTECT@placer.ca.gov](mailto:PROTECT@placer.ca.gov)**

## Aging & Memory Loss



**Including  
Dementia &  
Alzheimer's  
Disease**

## Dementia

### What is Dementia?

Dementia is a general term for the loss of memory and other cognitive abilities serious enough to interfere with daily life. Dementia can impact cognitive functioning—thinking, remembering, and reasoning—and behavioral abilities. Dementia can affect memory, language skills, visual perception, problem solving skills, self-management, and the ability to focus or pay attention. Some people with dementia have difficulty with emotions and experience personality changes.

### What are the Causes of Dementia?

Alzheimer's disease is the most common cause of dementia in older adults. Other causes include Lewy body dementia, frontotemporal disorders and vascular dementia.

### What should I know about

#### Dementia Care?

Many people can live with a dementia diagnosis for years before it impacts their ability to live independently. But the progression of dementia can often be unpredictable. If you or a loved one is living with dementia, consider planning for the future. Research your care options and create a plan for your future.

## Memory Loss

### Are you forgetful?

Many people worry about becoming forgetful. Forgetfulness is a normal part of aging. As we age, some people may notice that it takes them longer to learn new things, they don't remember information as well as they used to, or they lose items like their glasses.

### What can cause Memory Loss?

Sometimes certain medical conditions or events can cause memory problems, such as:

- Excessive alcohol consumption
- A head injury or concussion from a fall
- Side effects from medication
- Some thyroid, kidney, or liver disorders
- Tumors or blood clots in the brain

### How to Improve your Memory

There are many ways to improve your memory. \*\* Consider:

- Learning something new
- Volunteering in your community
- Use memory tools—lists, calendars and notes
- Play memory games
- Put your personal items in the same spot everyday
- Limit your alcohol consumption
- Talk to friends and family members

## Alzheimer's Disease

### What is Alzheimer's Disease?

Alzheimer's disease is the most common form of dementia. The disease can slowly progress and cause a large number of brain cells to die.

### Alzheimer's Disease Statistics\*:

- Alzheimer's disease accounts for 60-80% of dementia cases.
- 5.7 million Americans live with Alzheimer's disease.
- 1 in 3 seniors will experience Alzheimer's disease or another form of dementia

### Signs of Alzheimer's Disease\*:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home
- Confusion with time and place
- Trouble understanding visual images and special relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood or personality

### What to do if you are worried?

If you are worried about memory loss talk to your doctor. Your doctor may be able to determine the cause of your memory loss or refer you to a specialist.