



Is it Aging or Dementia?

Normal Signs of Aging

Early Signs of Dementia

Memory and Concentration

Complains about memory loss, but usually able to remember when given time



May complain about memory loss, but unable to recall even when given time

Memory for recent events/affairs not impaired; able to remember telephone numbers and/or appointments without much difficulty



Notable decline in recent memory for events, names of friends, telephone numbers and appointments

Does not get lost in unfamiliar surroundings but sometimes may have to pause momentarily to remember their way



May get disoriented in both familiar or unfamiliar surroundings whether driving or traveling, and may confuse bus numbers or alight at wrong bus stops, hence taking a longer time to return home

May misplace commonly used items but is able to retrieve them independently



Misplaces important items and/or documents in odd places and has difficulty remembering the locations later

May briefly forget details of conversations but, given time, will recall later



Frequently forget parts of conversations and tends to repeatedly ask what was said

Language and Speech

Occasional difficulty in finding the right word



Finds difficulty in completing sentences or finding the right words and has decreased ability to initiate conversations

Mood and Behaviour

May experience sadness or anxiety due to appropriate and specific reasons



Unpredictable mood changes

No significant personality changes



May present with depression, anger and confusion in response to change

Maintains prior level of interpersonal social skills



Exhibits loss of interest in social activities

Co-ordination

Able to operate common and new appliances without much difficulty



Increasing difficulty in learning to operate new appliances

What is Dementia?

Dementia is a condition that affects the brain. It is not part of normal aging.

For a person living with dementia, the brain cells are destroyed, leading to memory loss and a decline in mental functions.

Content adapted from Alzheimer's Association and Alzheimer's Society.



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