

# Impressions

## MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

### 10 Tips for Distinguishing Between Normal Aging and Memory Loss

Understanding the differences between memory loss and normal aging is particularly important if you have an older parent or loved one who is beginning to exhibit signs of forgetfulness and confusion. Fortunately, recognized authorities on memory loss offer proven guidelines to help you determine whether symptoms are a part of normal aging or something more serious

For example, The **Alzheimer's Association**<sup>®</sup> article, "**10 Early Signs and Symptoms of Alzheimer's**," describes a list of behaviors that are considered legitimate signs of true memory loss. For contrast, they also provide a list of actions that are considered normal age-related changes.

Consider these 10 signs and the comparisons to normal aging behavior:

- 1. Memory loss that disrupts daily life** – Forgetting current information and important events and relying on memory aides for things they used to handle routinely.  
**Normal aging** – Forgetting a name or appointment, but remembering it later.
- 2. Difficulty completing familiar activities** – Challenges with driving to a familiar location; difficulty remembering the rules of a favorite game; and difficulty managing a budget.  
**Normal aging** – Occasionally needing help to use the settings on a microwave or recording a TV show.
- 3. Confusion with time or place** – Losing track of time, dates and seasons of the year; difficulty understanding something if it is not happening in the present; and forgetting where you are or how you got there.  
**Normal aging** – Getting confused about the day of the week, but eventually figuring it out.
- 4. Challenges in planning or problem solving** – Difficulty with creating and following a plan, or a recipe; trouble working with numbers; and taking longer than normal to do familiar things.  
**Normal aging** – Making occasional errors when balancing a checkbook.
- 5. Trouble understanding visual images and spatial relationships** – Difficulty reading or judging distance; determining color and not recognizing one's own reflection in a mirror.  
**Normal aging** – Vision changes related to cataracts or the aging eye.
- 6. New problems with words in speaking or writing** – Difficulty in following or joining a conversation; struggling with "word finding"; calling things by the wrong name.  
**Normal aging** – Occasionally having trouble finding the right word.
- 7. Misplacing things and losing the ability to retrace steps** – Putting things in unusual places; the inability to retrace steps to find items again; and accusing others of stealing items.  
**Normal aging** – Misplacing things from time to time, like a pair of glasses.
- 8. Failing judgment** – Challenges with decision-making; difficulty dealing with basic money issues.  
**Normal aging** – Making a bad decision once in awhile.

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9. **Withdrawal from work or social activities** – Removing oneself from hobbies, work projects, sports, etc.; and avoiding once-enjoyed social activities.  
**Normal aging** – Sometimes feeling in need of a break from work, family and social obligations.
10. **Changes in mood and personality** – Depression, fear and anxiety; confusion or suspiciousness, getting easily upset.  
**Normal aging** – Developing specific routines and becoming irritable when disrupted.

If you believe that you or a loved one is exhibiting symptoms of memory loss, it is important to schedule an appointment with a physician immediately.

### Engaging Days. Meaningful Moments.

Loved ones with Alzheimer's disease or other memory impairments require specialized care and support. They also deserve a lifestyle rich in dignity and fulfillment. Impressions Memory Care at Bryn Mawr provides residents with *Engaging Days* and *Meaningful Moments* that emphasize individual abilities, encourage [socialization](#) and promote the highest level of [independence](#) possible. We offer a complete continuum of leading-edge [programs, services and amenities](#) that address the total physical, emotional and social needs of residents in a caring setting that offers [individual suites](#) with large private baths and the comfort of home. Our community touches hearts and changes lives.

If and when the time comes to seek additional help, place your trust in Impressions Memory Care at Bryn Mawr. We lift the stresses and worries of being a caregiver from your shoulders, enabling you and your family to enjoy time with your loved one again.

**For more information, please call Sharon at 484.380.5404 or [contact us](#) online.**

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