



Age / Dementia Friendly Greater Fall River Coalition

ALZHEIMER'S & DEMENTIA

Forgetfulness and diagnosable memory loss are not the same. Remember, Dementia is not a “normal” part of aging, and if you have concerns about yourself or a loved one, talk to your doctor.

Know the Signs of Dementia

- Difficulty performing daily tasks
- Frequently forgetting words
- Difficulty making decisions



Worried about your memory?

- Talk with trusted friends or family members about what you have been noticing and what you are worried about. Starting the conversation is the first step, but you are the best person for the job.
- Tell your doctor and ask for preliminary testing.
- Do your best to keep a routine of exercise and healthy eating habits.

Connect with the Alzheimer's Association by using the 24/7 Helpline @ 800 272 3900. They can help guide you with tips and resources to help support your individual needs.

Or visit them on the web at www.alz.org/MANH.



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