



**1** Memory loss



**2** Difficulty performing familiar tasks



**3** Problems with language



**4** Disorientation to time and place



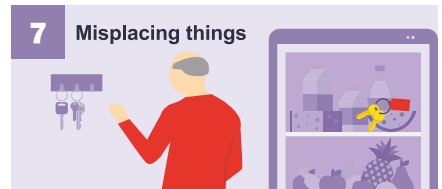
# 10 warning signs of dementia



**5** Poor or decreased judgement



**6** Problems keeping track of things



**7** Misplacing things



**8** Changes in mood and behaviour



**9** Challenges understanding visual and spatial information



**10** Withdrawal from work or social activities

If these signs are new, they may be a sign of dementia.  
Dementia is not a normal part of ageing.

Speak to your Doctor or contact Lanka Alzheimer's Foundation (LAF) Helpline: 2667080.

[www.alzlanka.org](http://www.alzlanka.org)



Lanka Alzheimer's Foundation

# IDENTIFY DEMENTIA EARLY

Having memory loss does not mean you have dementia although it is often one of the earliest signs of dementia.

Dementia has no cure. Early diagnosis of dementia can help a person plan and prepare for the future. It can help the person live a better life with dementia.

Call or visit LAF (or visit our website/facebook page) for more information. In the alternative, speak to your doctor if you have any concerns about symptoms of dementia in you or your loved ones.

## DONATE TO LANKA ALZHEIMER'S FOUNDATION

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