

# Changes that happen with dementia

Dementia causes changes that you or others may notice. These are different for everyone and they depend on the type of dementia you have. Some changes may look similar to normal ageing, but they are more serious. They include:

## Memory loss

- You might find it hard to remember things that happened recently. But you can remember things from a long time ago.
- You might repeat things out loud. You might ask the same question over and over.
- You might put objects in unusual places, for example your front door keys in the bathroom cupboard.
- You might struggle to learn new tasks.

## Difficulty planning and making decisions

- You might get confused when planning or thinking things through.
- You might struggle to stay focused on a task.
- You might find daily tasks difficult, like making a familiar meal or paying bills.

## Problems with language (speech and conversation)

- You might often have difficulty thinking of the right word for what you're trying to say.
- You might not be able to follow a conversation.

## Being confused about time or place

- You might lose track of the time or date, or which day it is.
- You might not know where you are, even in a place you know well.

## Seeing things differently

- You might have problems judging distances (for example, on the stairs).
- You might see patterns or reflections in mirrors that look like something else.

## Mood and behaviour changes

- You might become more anxious, sad, frightened, irritable or easily upset.
- You might lose interest in things and lose confidence.
- Your personality may change.

If you notice any changes and are worried about yourself or someone else, speak to your doctor.



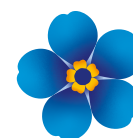
Factsheet 400, **What is dementia?** has more information. To read it, go to [alzheimers.org.uk/what-is-dementia](https://www.alzheimers.org.uk/what-is-dementia)



We are here for you. If you are worried about dementia, call us on **0333 150 3456**. We can arrange to speak with you in any language.



Join our online community of people affected by dementia – go to [forum.alzheimers.org.uk](https://forum.alzheimers.org.uk)  
To find support in your area, go to [alzheimers.org.uk/dementiadirctory](https://www.alzheimers.org.uk/dementiadirctory)



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