

happening immediately. Sometimes they may forget where they are or how they got there.

**What's a typical age-related change?**

Getting confused about the day of the week but figuring it out late.

**5. Trouble understanding visual images and spatial relationships.**

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

**What's a typical age-related change?**

Vision changes related to cataracts.

**6. New problems with words in speaking or writing.**

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

**What's a typical age-related change?**

Sometimes having trouble finding the right words.

**7. Misplacing things and losing the ability to retrace steps.**

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

**What's a typical age-related change?**

Misplacing things from time to time and retracing steps to find them.

**8. Decreased or poor judgment.** People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers.

They may pay less attention to grooming or keeping themselves clean.

**What's a typical age-related change?**

Making a bad decision once in a while.

**9. Withdrawal from work or social activities**

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They also may avoid being social because of the changes they have experienced.

**What's a typical age-related change?**

Sometimes feeling weary of work, family and social obligations.

**10. Changes in mood and personality.**

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

**What's a typical age-related change?**

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

**Get checked. Early detection matters.** If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your primary doctor.

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## Need Help with Heating this Winter?

Virginia Beach residents can apply for assistance with heating system equipment repairs and replacements. Temperatures are dropping and the City is helping eligible homeowners repair or replace defective HVAC