

# Age-Related Forgetfulness or Signs of Dementia?

Many people can become more forgetful as they age. Learn the differences between age-related forgetfulness and signs of dementia.

## Age-related forgetfulness

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time



## Signs of dementia

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them

Talk with a doctor if you notice any changes in memory or thinking that concern you. Learn more at [www.nia.nih.gov/memory-and-aging](http://www.nia.nih.gov/memory-and-aging).