

MEMORY LOSS IS NOT NORMAL AGING

AND MEMORY LOSS IS A DIFFICULT SUBJECT

AWARENESS

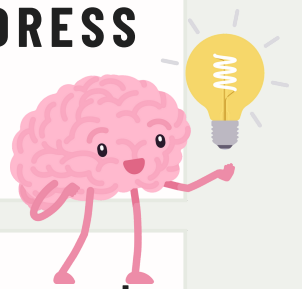
According to the Alzheimer's Association, patients and families do not bring up memory loss with clinicians and clinicians don't ask.



STIGMA

Memory loss, or Alzheimer's and Dementia, is highly stigmatized in today's society. This is due to memory loss still being poorly understood, leading to negative beliefs.

THERE IS MUCH THAT CAN BE DONE TO ADDRESS MEMORY CONCERNS



Pencil and paper screening tests are memory concerns are a good first step!

A negative result can "clear the air". A positive result indicates further evaluation is needed. This evaluation can help identify reversible causes of memory loss such as medication side effects and unrecognized medical conditions. If there is concern about a persistent memory disorder, such as Alzheimer's Disease or Dementia, prompt assessment can help.

GET HELP

The Center for Disease Control and the Alzheimer's Association specifies **several indicators** of potential memory loss:

Am I becoming more forgetful?

Do I have trouble concentrating?

Do I have difficulty performing familiar tasks?

Do I have trouble recalling words or names in conversation?

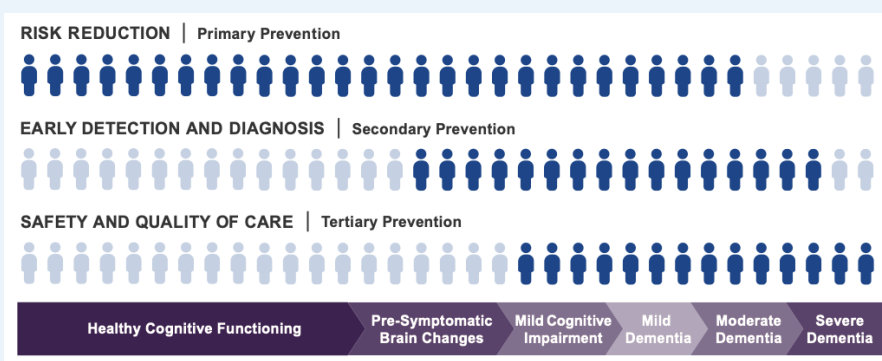
Do I sometimes forget where I am or where I am going?

Have family or friends told me that I am repeating questions or saying the same thing over and over again?

Am I misplacing things more often?

Have I become lost when walking or driving?

Have my family or friends notice changes in my mood, behavior, personality, or desire to do things?



IF ANY OF THESE APPLY TO YOUR OR YOU HAVE ANY MEMORY CONCERNS AND WOULD LIKE TO DISCUSS SCREENING, PLEASE SCAN THE QR CODE OR FOLLOW THE LINK TO ENTER A PHONE NUMBER OR EMAIL!



SCAN ME!

<https://redcap.vcu.edu/surveys/?s=JDJRYYP3WLTLT7Y>

FOLLOW THE LINK!

Or, Contact Annie Rhodes, at VCU Gerontology 804-828-1126 or rhodesas2@vcu.edu