

HOW TO RECOGNISE DEMENTIA

Short-term Memory Loss

- Difficulty in remembering events that happened recently and yet still retain memories from long ago. For example, they may totally forget that you have visited them yesterday, or that they have eaten their dinner.
- Asking the same questions over and over again.
- Frequently misplacing things and accusing others of stealing from them.
- Buying the same groceries again and again, appears to stock pile unnecessarily.

Deterioration of Judgment

- Deteriorating standard in performing daily chores, such as standard of cooking and dish washing.
- Having difficulty with handling multiple monthly bills and neglecting them as a result.

Language Difficulties

- Exhibited in later stages, the elders' vocabulary seems to become more limited and affecting their self-expression. At final stages, they can become withdrawn and quiet, and sometimes they exhibit challenging behaviours as a result of not being able to articulate or express discomfort, such as hunger or pain.

Orientation to Time and Place

- Sufferers may get lost in the neighbourhood.
- They may insist on going home even when they are already home. This occurs especially when they have just returned from a stay in the hospital.
- They may mistake night for day and be very active at night. For example, they may switch on all the lights, wander at home, and begin to do laundry or to cook.

Problems With Object Recognition

- Elderly patients may mistake denture cleanser as drinking water, or a fork for a spoon.