

# What are the signs and symptoms of dementia?

People with dementia do not always have the same symptoms. Different types of dementia can have different symptoms. Other people may see signs and changes that you don't notice. The early symptoms that many people with dementia get are described below.

**If you notice any changes and are worried about yourself or someone else, consult a Doctor or nearest medical clinic. For support, email [Pelonomi Foundation at dementia@pelonomi.com](mailto:dementia@pelonomi.com)**

## Memory loss

- You might have problems remembering things that happened recently. You might easily remember things from a long time ago.
- You might repeat things out loud. You might ask the same question over and over.

## Difficulty thinking things through and planning

- You might have problems concentrating, understanding new ideas or solving problems.
- You might find daily tasks difficult, like following a recipe or checking your bank account.

## Problems with language

- You might not be able to find the right word.
- 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 changes or difficulties controlling emotions

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

To read more: go to [www.pelonomi.com/dementia/](http://www.pelonomi.com/dementia/).  
For more information about our helpsheets, go to [www.pelonomi.com/dementia/support/helpsheets/](http://www.pelonomi.com/dementia/support/helpsheets/)

**Pelonomi Foundation** is here for you. If you are worried about dementia, email us on [dementia@pelonomi.com](mailto:dementia@pelonomi.com). We can arrange to speak with you in any language.

