

## Age-Related Memory Problems vs Alzheimer's

Individual with Age-Related Memory Problems	Individual with Alzheimer's Disease
Forgets some or parts of an experience	Forgets whole experience
Often remembers events later	Rarely will remember later
Usually able to follow written or spoken directions	Increasingly unable to follow written or spoken directions
Can use notes as effective reminders	Ability to use notes diminishes
Knows how to care for self	Gradually forgets how to care for self
Occasionally forgets a name	Erosion of vocabulary and language skills

A diagnosis of Alzheimer's disease or a related disorder should only be determined by qualified health care professionals.