Ten. After. Four.

Can't draw the hands on the clock?
Time is running out.



2025 FACT SHEET

If you notice cognitive changes in yourself or a loved one, that might seem scary. But ignoring what you see or postponing conversations about these changes could be worse.

4 reasons to *lean in* if you spot cognitive changes:

1 Not all cognitive changes signal impairment. Cognitive decline is expected as we age. If any of these is true, you may be experiencing biological aging:

- ○ The ability to recover; it's a "senior moment" or temporary memory lapse.
- ○ The lapses are infrequent enough that they do not affect daily life.
- ○ The issue is not different from before, for that person.

2 Symptoms that *seem* like cognitive impairment may be due to any number of treatable conditions.

If it's something else, and treatable, wouldn't you want to know?

3 If it *is* cognitive impairment due to the pathologies of dementia, the diagnostic path many take months to years.

You could be losing valuable time preparing for the changes ahead.

4 New treatments to addresss the pathologies of dementia are now available. but so far they have only been proven effective for Mild Cognitive Impairment (MCI) and mild stage dementia.

Therefore one would no longer be eligible to receive a prescription, or to qualify for a clinical trial, after their dementia reaches a certain point.

Know your numbers: 30-29-28-27-26-25-24-23-22-21-20-19-18

Be sure to ask for a cognitive wellness exam at every annual doctor's visit if you're 65 or older. It's free.

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What does dementia look like?

Dementia is more than just having problems with short-term memory. Being forgetful is one of the first changes we might notice, but dementia eventually impacts all cognitive skills.



Be on the lookout for any of these common signs of dementia. (This list is not all-inclusive and no individual's dementia progression is "typical".)

These symptoms *may not* signal dementia. But, if dementia *is* present, there is a limited window of time in which treatment would be effective, or even available. So, please be attentive and address what you see.

CHANGES TO VISUAL PROCESSING:

Difficulty detecting form, motion, color
Difficulty prioritizing visual data
Gradual loss of peripheral vision

CHANGES TO MEMORY:

Difficulty learning new things
Missed appointments
Problems with wayfinding
Confusing the past with the present

CHANGES TO LINGUISTIC SKILLS:

Loss of vocabulary, with possible increase in inappropriate language
Difficulty with language comprehension
Difficulty with speech production
But, still able to "chit chat" well

CHANGES TO REASONING:

Problems making decisions
Making poor decisions
Difficulty sequencing tasks
Lack of empathy for others
Lack of inhibition

CHANGES TO AUDITORY PROCESSING:

Missing every third or fourth word said to them
Easily over-stimulated by sonic data
Rhythmic data (like song lyrics) retained even as short-term memory fades

Beyond Dementia Coalition

Helping Georgians become dementia ready.

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