



# 10 SIGNS OF DEMENTIA

Not everyone with dementia has all of these signs. But if you notice two or more in someone you care for—especially if they’re getting worse—talk to your healthcare provider. Support is available in Nunavut—for the person, their family, and their caregivers.

## 1. Memory loss that affects daily life

Repeating questions, forgetting dates, names, and things just heard. Goes beyond occasional forgetfulness and happens increasingly often.



## 2. Trouble planning or solving problems

Difficulty with numbers, bills, or multi-step instructions. Even simple tasks may feel overwhelming or confusing.



## 3. Trouble with daily tasks

Difficulty cooking, using household tools, brushing teeth, getting dressed, or travelling to familiar locations. Even basic routines may become difficult.



## 4. Confusion about time or place

Getting lost. Not knowing what day or season it is. Arriving at a place without knowing how they got there. Not recognizing familiar places. Wandering at night.



## 5. Problems with words

Struggling to find the right word or calling things by the wrong name. Stopping mid-sentence or repeating the same sentence.



## 6. Struggling to follow conversations

Difficulty joining conversations, especially with noise or groups. Losing track of what’s said or repeating questions. Being embarrassed to talk in a group.



## 7. Losing items

Putting things in unusual places and being unable to retrace steps. Accusing others of stealing items. Fear that others are lying, stealing, or hiding things.



## 8. Poor judgment

Making risky decisions. For example, giving away large sums of money or dressing inappropriately for weather.



## 9. Mood or personality changes

Becoming easily upset, anxious, fearful, or suspicious. Getting upset more easily than usual or behaving out of character.



## 10. Less interest in friends or activities

Pulling away from family, hobbies, or community gatherings. Not enjoying time with others or doing favourite hobbies. Sitting alone for long periods without motivation.

