

# MYBRAINTEST

## Normal Age Related Memory Guide

A quick reference guide to what are normal age related memory changes for ages 50+, and when memory problems might be a cause for concern.

### Normal Age Related Memory Lapses

Forgetting what you walked into a room for.

Occasionally misplacing personal items (keys, wallet, phone, purse).

Forgetting the name of an acquaintance (but not close friends or family members).

Forgetting the name of uncommon objects, movie, book, actor – “at the tip of the tongue” moment.

More easily distracted and trouble remembering where you left off.

More time needed to recall directions to a place visited infrequently.

No change in judgment and decision making capability.

*(See notes on next page)*

### Probable Mild Impairment of Memory

Frequently forgetting appointments and important events.

Frequently not knowing the date, or day of the week.

Frequently misplacing personal items (keys, wallet, phone, purse).

Difficulty following the flow of conversation in a group setting.

Difficulty following routine medication schedules.

Becoming confused and disoriented in new places, novel environments.

Marked loss of interest in personal hobbies, games, crafts (excluding physical limitations).

*(See notes on next page)*

### Probable Serious Impairment of Memory

Repeating the same thing or story, or asking the same question several times in the same day.

Frequently not knowing the month or year, in addition to not knowing date/day of the week.

Difficulty paying bills and managing finances – bills go unpaid or are paid multiple times.

Becoming lost, confused and disoriented in familiar places and settings.

Not recognizing, or not knowing the names of close friends and family members.

Not knowing the name or purpose of common objects (spoon, phone, toaster, etc)

Difficulty, confusion with how to use common appliances (running the dishwasher, etc)

*(See notes on next page)*

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## Causes of Memory Loss

While Alzheimer's disease can be a cause of memory loss for people aged 50+, there are many other health conditions that can trigger similar memory loss symptoms:

- Vitamin B12 deficiency
- Thyroid problems
- Normal Pressure Hydrocephalus (NPH)
- Certain prescription medications
- Certain non-prescription "over the counter" medications
- Concussions, brain injuries

See this complete list of memory loss causing conditions: <http://bit.ly/1m9bNed>

## Online Memory Health Resources

Online Memory Loss Checklist – [www.MyBrainTest.org](http://www.MyBrainTest.org)

Many early signs of memory loss problems in older adults are first noticed by family members, caregivers, and close friends. This free checklist will send a score and report directly to the respondent: <http://bit.ly/1QJe3Uo> Short link

Free Online Memory Testing – [www.MemoryHealthCheck.com](http://www.MemoryHealthCheck.com)

Short Term Memory Tests: <http://bit.ly/22rWFtN> Short link

Visual & Digit Span Working Memory Tests: <http://bit.ly/1YCICcm> Short link

Healthy Brain Test – [www.mybraintest.org/healthy-brain-test/](http://www.mybraintest.org/healthy-brain-test/)

Curious about your brain? Get your free Brain Health Score, and learn how health conditions, exercise, diet choices, sleep, and emotions can affect your brain health.