

MYBRAINTEST

A reference guide to normal age-related memory changes, and when memory lapses might be a cause for concern. (See examples)

Normal Age Related Memory Lapses – Typical for Ages 50+

- 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, movies, etc. – “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.

Probable Mild Impairment of Memory – Check for Possible Causes

- 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).

Probable Serious Impairment of Memory – Likely Alzheimer’s/Dementia

- Repeating the same thing/story each day, or asking the same question several times each 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 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)

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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

[More on memory loss causes.](#)

Online Memory Health Resources

Online Memory Loss Checklist – 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>

Free Online Memory Testing – www.MemoryHealthCheck.com

[Short Term Memory Tests](#)

[Visual & Digit Span Working Memory Tests](#)

Healthy Brain Test – 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 social connections can affect brain health.