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# Age-Related Forgetfulness or Signs of Dementia?


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Forgetfulness can be a normal part of aging, but some worry that it is the first sign of dementia. However, not all people with memory problems have dementia. How can you tell the difference between mild forgetfulness and serious memory problems like Alzheimer's disease?

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### Age-Related Forgetfulness or Signs of Dementia?

Many people can become more forgetful as they age. Learn the differences between age-related forgetfulness and signs of dementia.

Age-related forgetfulness	Signs of dementia
<ul style="list-style-type: none"><li>• Making a bad decision once in a while</li><li>• Missing a monthly payment</li><li>• Forgetting which day it is and remembering later</li><li>• Sometimes forgetting which word to use</li><li>• Losing things from time to time</li></ul>	<ul style="list-style-type: none"><li>• Making poor judgments and decisions a lot of the time</li><li>• Problems taking care of monthly bills</li><li>• Losing track of the date or time of year</li><li>• Trouble having a conversation</li><li>• Misplacing things often and being unable to find them</li></ul>

Talk with a doctor if you notice any changes in memory or thinking that concern you. Learn more at [www.nia.nih.gov/memory-and-aging](http://www.nia.nih.gov/memory-and-aging).



## You may also be interested in

- Learning more about [memory problems and Alzheimer's disease](#)
- Watching a [video on forgetfulness](#)
- Downloading or ordering a [free handout on forgetfulness](#)

Read a transcript of the infographic



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