

What might the following early signs indicate?

Obtaining a correct diagnosis is extremely important in terms of ensuring the person receives the correct treatment or intervention. Many early signs of dementia can also be the result of other factors. Below is a list of other conditions that may mimic early signs of dementia. Familiarise yourself with these and consider if any of them could be a factor in changing the person's behaviour.

Stress	Thyroid	Depression	Sensory Impairments	Physical Changes	Dementia
Concentration problems	Lethargy	Disturbed sleep	Ignores instructions	Withdrawal	Loss of recent memory
Irritability	Weight gain	Loss of appetite	Mobility problems	Aggression	Loss of skills
Decline in abilities	Cold intolerance	Low mood	Loss of confidence	Mobility problems	Changes in mood
	Changes in skin and hair	Withdrawal from usual activities	Shouting or raised voice	Self-injury	Orientation difficulties
		Tearful		Pacing	Sleep disturbances
				Crying	Language difficulties
				Screaming	Depth perception problems

If you notice any of these changes, you should carry out the following actions...

Identity cause of stress, such as life event - e.g. family death, illness	See GP	See GP	Complete full health assessment	See GP; medical history and physical investigations	See GP; medical history and physical investigations
Offer support and reassurance	Annual blood tests	Medication and/or counselling	Check eyes, ears and feet	Medication changes	Referral to Community Team for People with a Learning Disability
	Is it an under or overactive thyroid?		Access appropriate services	Check for diabetes	
	Medication			Check for pain	
				Check for urinary tract infections	
				Check for nutritional deficiencies/dehydration	