1 in 9 adults age 45 or older report confusion or memory loss.

50% report activity limitations:
- Cooking
- Cleaning
- Taking medication

Memory loss is not a normal part of aging. More than 1/2 of people with memory loss have not talked to a healthcare provider.

Talk to a healthcare provider about:
- Possible treatment
- Care planning
- Management of chronic conditions
- Caregiving needs

Behavioral Risk Factor Surveillance System data as published in Taylor, MMWR July 2018
https://go.usa.gov/xUZT3