

SUBJECTIVE COGNITIVE DECLINE IN ADULTS

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**

