

Notice the signs. Start the kōrero.

Early signs can include forgetting recent events, changes in mood, or difficulty finding the right words.

SOME CHANGES TO LOOK OUT FOR



Poor Memory

Having difficulty paying attention, or recalling recent events.



Everyday Tasks

Difficulty performing familiar tasks.



Communication

Difficulty with language and finding the right words.



Thinking & Reasoning

Difficulty planning or solving problems.



Mood or Behaviour

Changes in mood or behaviour.



Orientation

Deterioration in driving skills. Getting lost or losing track of time.



Personality

Changes in character or personality.



Judgement

Struggling to make decisions.

Not everyone experiences the same changes and they may develop slowly over time. If you notice changes in yourself or someone you care about, talking to your GP is a good place to start.

Know the signs

Stronger together this
World Alzheimer's Month



Scan to learn why earlier diagnosis matters or visit **dementia.nz**

#EarlierSupport2026