

Unit 3, Activity 2.0, How does Memory Change in Older Age?

Model Answer

The answer will be personal to you. However, what will be important to you is to identify symptoms of people suffering from Dementia and how to distinguish these from common age-related memory changes, in the participants you will come across in your sessions, such as those listed in the table on this website:

Normal age-related memory changes	Symptoms that may indicate dementia
Able to function independently and pursue normal activities, despite occasional memory lapses	Difficulty performing simple tasks (paying bills, dressing appropriately, washing up); forgetting how to do things you've done many times
Able to recall and describe incidents of forgetfulness	Unable to recall or describe specific instances where memory loss caused problems
May pause to remember directions, but doesn't get lost in familiar places	Gets lost or disoriented even in familiar places; unable to follow directions
Occasional difficulty finding the right word, but no trouble holding a conversation	Words are frequently forgotten, misused, or garbled; Repeats phrases and stories in same conversation
Judgment and decision-making ability the same as always	Trouble making choices; May show poor judgment or behave in socially inappropriate ways

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