

## TIPS – Feeling Forgetful or Having Trouble Remembering Things

- Use the [10 warning signs](#) to learn if your memory issues are normal aging or a memory problem. Warning signs link at [www.alz.org/alzheimers\\_disease\\_10\\_signs\\_of\\_alzheimers.asp](http://www.alz.org/alzheimers_disease_10_signs_of_alzheimers.asp).
- Eat well, sleep well, exercise your mind and body, and socialize with friends and family.
- Attend [educational sessions](#) to learn more about memory care in your local community. Educational session link at [www.alz.org/mnnd/in\\_my\\_community\\_education.asp](http://www.alz.org/mnnd/in_my_community_education.asp).
- Call an [Early Memory Care consultant](#) to make a plan to take charge of your memory issues and work to maintain optimal brain function. There is no cost for this service.
- Contact a [Family Memory Care consultant](#) for specialized memory care help for you and your family. There is no cost for this service.
- Contact a [care consultant](#) at the Alzheimer’s Association’s **24/7 Information Helpline** at 1-800-272-3900 or call the Senior Linkage Line® at 1-800-333-2433 to discuss your concerns and to get more information. There is no cost for these services. Care consultant link at [www.alz.or/mnnd/in\\_my\\_community\\_13670.asp](http://www.alz.or/mnnd/in_my_community_13670.asp).
- Visit a [doctor](#) to find the cause of your memory issues. [Early diagnosis](#) gives you a chance to seek treatment and plan for your future. Early medical treatment can provide relief for some symptoms such as sleeplessness, irritation and forgetfulness. Early diagnosis link at [www.alz.org/alzheimers\\_disease\\_why\\_get\\_checked.asp](http://www.alz.org/alzheimers_disease_why_get_checked.asp).