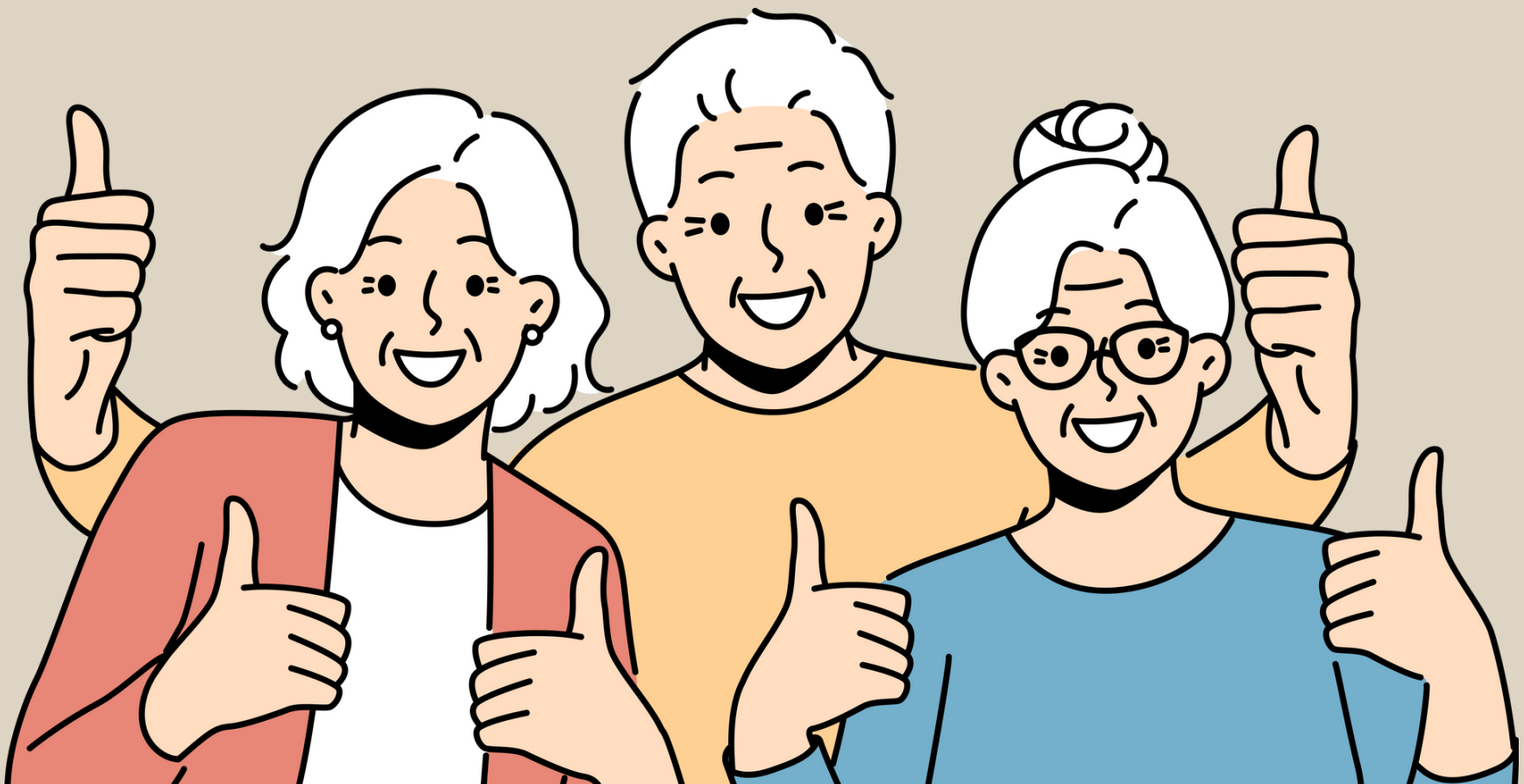


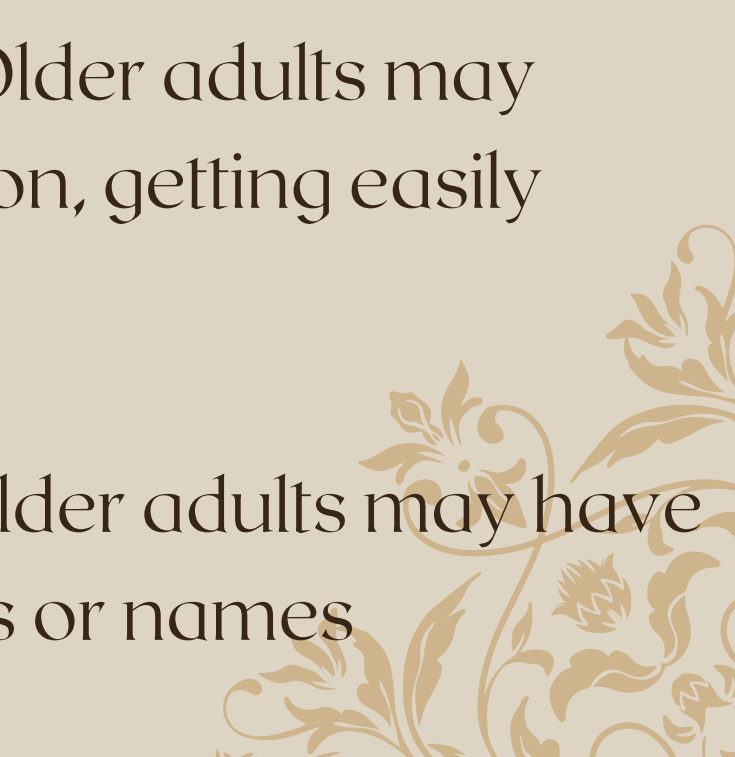
Normal Aging

Definition: a natural process that affects individuals differently. While each person's experience may vary, there are some common **symptoms and changes** associated with normal aging.





Normal Changes Associated with Aging

- **Slower processing speed:** Aging may cause a slight slowing down in processing speed and mental task performance in older adults.
 - **Mild memory lapses:** Older adults may occasionally struggle with memory, including forgetting recent events, names, and object locations.
 - **Decreased attention span:** Older adults may have trouble sustaining attention, getting easily distracted, or multitasking.
 - **Word-finding difficulties:** Older adults may have trouble recalling specific words or names occasionally.
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Normal Changes Associated with Aging

- **Mild declines in learning and new information acquisition:** Older adults may need more time or repetitions to learn new information, but they can generally retain it once learned.
- **Executive function changes:** Executive functions like planning, organizing, and multitasking may be subtly affected in older adults, requiring more time or effort to initiate and complete complex tasks.

It's important to note that these cognitive changes are typically mild and do not significantly impact daily functioning or independence. They should not be confused with more severe cognitive impairments or dementias.

5 Tips For Healthy Aging



1

Eat & Drink Healthy

2

Move More and Sit Less

3

Get Regular Checkups

4

Don't use Tobacco

5

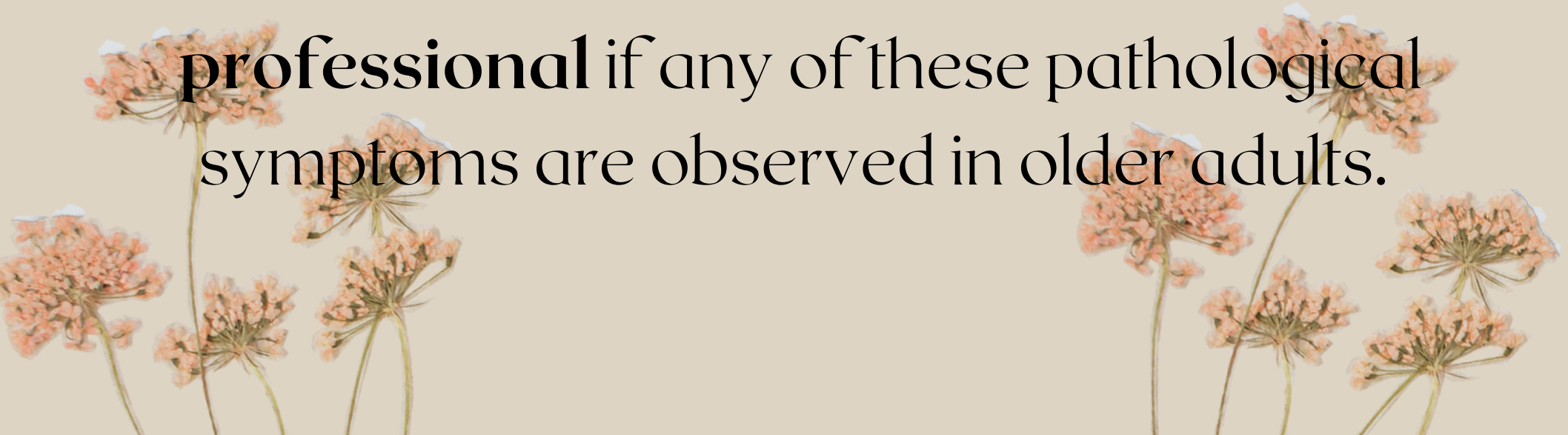
Be Aware of Changes in Brain Health

Changes in Brain Health

that warrant further evaluation

- Severe and progressive cognitive decline
- Marked changes in mood and behavior
- Delusions or hallucinations
- Significant weight loss or appetite changes
- Persistent sleep disturbances
- Suicidal thoughts or behaviors

It's crucial to consult with a **healthcare professional** if any of these pathological symptoms are observed in older adults.





Resources

- **AARP Friendly Voices Warmline** is a volunteer-based service that offers phone calls during challenging and isolating times. Callers must call first and provide information. To reach the AARP Warmline contact **(888) 281-0145**.
 - **ElderCare Locator HelpLine** can be reached at **(800) 677-1116** and is maintained by the Administration on Community Living (ACL) and helps to locate housing, public benefits assistance, at-home care and other local resources for aging citizens.
 - **National Institute on Aging (NIA)** provides comprehensive section on caregiving for those who take care of a friend or family member with a serious health condition, including information on long-term care, advance care planning, long-distance caregiving and Alzheimer's caregiving. Visit **<https://www.nia.nih.gov>** for more information.
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