

***Is this a “Senior Moment”
OR
something to be worried about?**



Mild Cognitive Impairment (MCI) is a physiological change in the brain that is more advanced than normal age-related forgetfulness, but is not yet dementia. In a recent study by the Investor Protection Trust Foundation, seniors with MCI made four times more mistakes in their financial decisions than those without the condition.

An eight minute video by the Investor Protection Trust Foundation explains how MCI can make seniors more vulnerable to financial exploitation and investment scams:

<http://www.investorprotection.org/protect-yourself/?fa=eiffe-video>

Normal Age-related Forgetfulness	Mild Cognitive Impairment	Dementia
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Sometimes misplaces keys, eyeglasses or other items	Frequently misplaces items	Forgets what an item is used for or puts it in an inappropriate place
Momentarily forgets an acquaintance’s name	Frequently forgets people’s names and is slow to recall them	May not remember knowing a person
Occasionally has to “search” for a word	Has more difficulty using the right words	Begins to lose language skills. May withdraw from social interaction.
Occasionally forgets to run an errand	Begins to forget important events and appointments	Loses sense of time. Doesn’t know what day it is.
May forget an event from the distant past	May forget more recent events or information recently learned	Has serious impairment of short-term memory. Has difficulty learning and remembering new information.
When driving, may momentarily forget where to turn, but quickly orients self	May temporarily become lost more often. May have trouble understanding and following a map.	Becomes easily disoriented or lost in familiar places – sometimes for hours

**John Hopkins Health Alerts, Guide to Understanding Dementia at www.JohnsHopkinsHealthAlerts.com*