



TOOL 1



# CHECK IN

Everyone notices changes in how they think and feel as they age. Learn 5 warning signs and know when to talk to your doctor.

# Your brain is aging, and that's normal.

Small changes in thinking and memory may surprise you, but should not disrupt your daily life.

# Watch for changes that disrupt your life.

If you're having new problems thinking, speaking, or remembering, this could be a sign to talk to your doctor.

## This is *typical* aging.



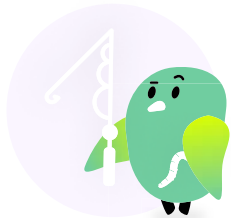
Forget a detail,  
but remember  
it later



Pause before  
remembering  
which word  
to use



Make a mistake  
while doing  
something hard



Need help  
while doing  
something new



Have less energy  
than you used to

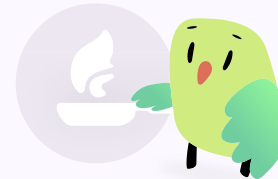
## These are *warning* signs.



A hard time  
remembering  
recent events  
in your life



Trouble  
expressing your  
thoughts and  
ideas



Problems  
following plans  
with many steps



Struggle to do  
familiar, daily  
tasks



Harder to get  
started on  
things you enjoy

THIS IS TYPICAL AGING

**You forget a detail, but remember it later.**

It's typical to forget the name of an acquaintance but then remember it.

Or to confuse when you're supposed to meet a friend for coffee.

THIS IS A WARNING SIGN

**You have a harder time remembering recent events in your life.**

It's not typical to forget the name of a close friend.

Or to forget that you attended a major family event.



THIS IS TYPICAL AGING

**You pause  
before  
remembering  
the right word.**

It's typical to feel like a word is "on the tip of your tongue" for a moment.

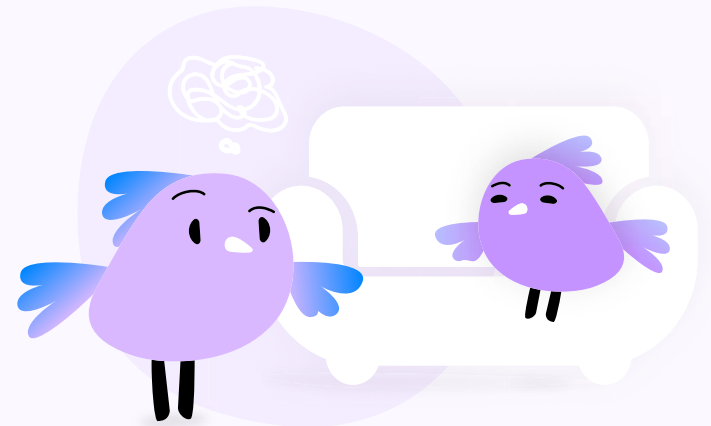
Or to use a word that isn't quite right because you forgot the more exact word.

THIS IS A WARNING SIGN

**You have  
more trouble  
expressing  
your thoughts  
and ideas.**

It's not typical to have problems following a conversation.

Or to often feel confused by the story in a book or TV show.



THIS IS TYPICAL AGING

**You make  
a mistake  
while doing  
something hard.**

It's typical to have trouble following the rules of a complicated new game.

Or to miss an occasional monthly payment.

THIS IS A WARNING SIGN

**You have more  
problems  
following plans  
with many steps.**

It's not typical to have problems following the rules of a game you've played many times.

Or to have problems keeping track of your bills when you didn't before.



THIS IS TYPICAL AGING

## You need help while learning something new.

It's typical to have trouble finding your way around a new bus terminal or airport.

Or to need more practice learning a new hobby or skill.

THIS IS A WARNING SIGN

## You struggle to do familiar, daily tasks.

It's not typical to feel lost in familiar places.

Or to struggle to keep track of your medications or to-dos.



THIS IS TYPICAL AGING

## You have less energy than you used to.

It's typical to skip an activity once in a while.

Or to feel tired after an afternoon of activities.

THIS IS A WARNING SIGN

## It's harder to get started on things you enjoy.

It's not typical to feel like you can't be bothered to do your favorite hobbies.

Or to not see your friends as much since you don't reach out anymore.







## It's always good to *Check In.*

Keep the signs in mind. Return here to check in every so often, even if you did not notice any warning signs.

Share with people close to you, and ask if they have noticed any changes. Those who know us best can help us understand our brain health.

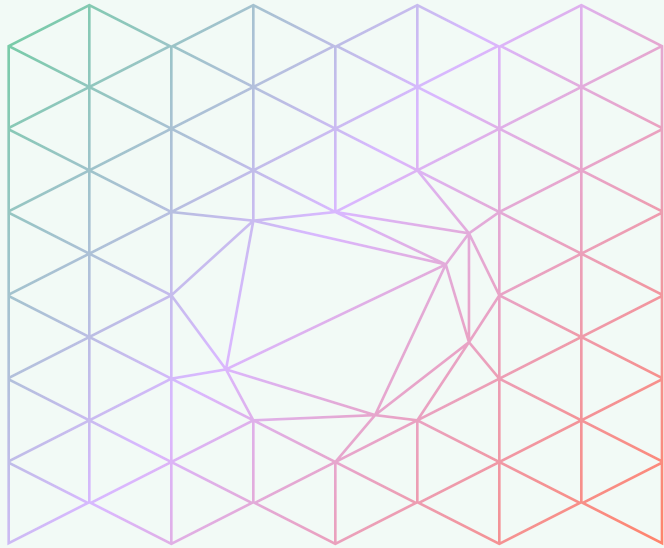
## What if I think I have signs?

Make an appointment with your primary care doctor. There are many reasons you might experience warning signs. Your doctor can help you find out why.

When you call to schedule the visit, you might tell them you've noticed changes in your brain health.

Use the *Share Notes* tool to prepare for your doctor's visit. Turn the page to get started.





# MIND YOUR BRAIN HEALTH

Use this toolkit to understand and support your brain health as you get older.



This toolkit was created by a team of experts at the University of California, San Francisco and the University of Southern California. It is supported by the California Department of Public Health, Alzheimer's Disease Program. © 2024, funded under contract #23-10608.

*Reuse or recycle. Pass on to a friend or recycle the paper.*

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We're also online. Go to [BrainHealthToolkit.com](https://BrainHealthToolkit.com) for the digital toolkit & to learn more.