



## Warning Signs (Aging, Dementia, Down Syndrome)

### General Warning Signs

- Unexpected changes in routine behaviours
- Difficulty with functional activities (that is, cooking, dressing, washing)
- Changes in mood/attitude/personality
- Long periods of inactivity or apathy
- Hyperactive reflexes
- Loss of job or social skills
- Visual retention deficit
- Loss of speech
- Disorientation
- Increase in stereotyped behaviour
- Nighttime awakenings
- Onset of seizures

### Specific Warning Signs

And specific to adults with Down Syndrome, these are aging issues that may appear as dementia:

- Sensory impairments
- Thyroid disorders
- Mental illness
- Depression
- Infection
- Medication interactions
- Sleep apnea
- B12 deficiency

[Information Sheet No. 20 has a corresponding Challenge Sheet No. C20]