

ALZHEIMER'S

TOP 10 EARLY SIGNS



MEMORY LOSS



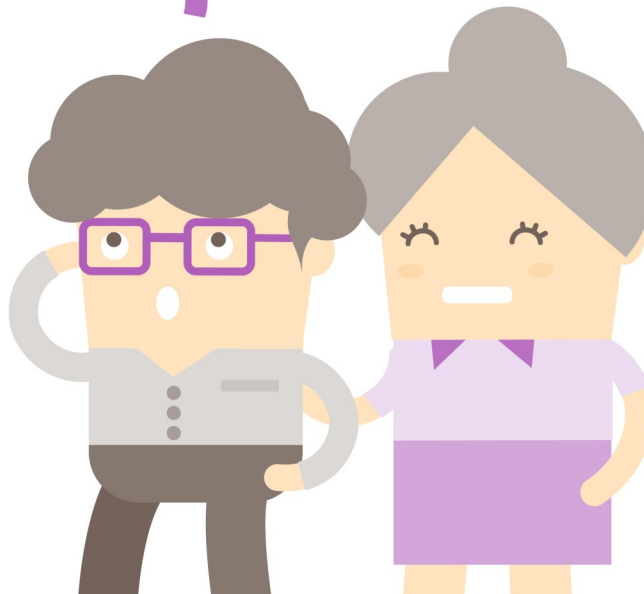
**CHANGES
IN MOOD**



**MISPLACING
BELONGINGS**



**HARD TO COMPLETE
FAMILIAR TASK**



CHALLENGES IN PROBLEM SOLVING



**SOCIAL
WITHDRAWAL**



**POOR
JUDGEMENT**



**STRUGGLING TO
COMMUNICATE**



**CONFUSION OF
TIME AND PLACE**



**CHANGES IN
VISION**

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Created by the Consortium for a Healthier Miami-Dade
Elder Issues Committee (revised 2025; created 2021)

Visit: www.healthymiamidade.org

Alzheimer's Disease and Related Dementias Community Resources

Online Resources

Alzheimer's Disease Facts and Figures <https://www.alz.org/alzheimers-dementia/facts-figures>
Alzheimer's Disease Fact Sheet <https://www.nia.nih.gov/health/alzheimers-disease-fact-sheet>
About Alzheimer's Disease <https://www.cdc.gov/aging/aginginfo/alzheimers.htm>
Dementia-Key Facts <https://www.who.int/news-room/fact-sheets/detail/dementia>
Signs and Symptoms of Alzheimer's <https://www.cdc.gov/aging/healthybrain/ten-warning-signs.html>
Alzheimer's Caregiving <https://www.nia.nih.gov/health/alzheimers/caregiving>
Preventing Alzheimer's <https://www.nia.nih.gov/health/preventing-alzheimers-disease-what-do-we-know>
Brain Health and Healthy Living <https://www.stroke.org/en/healthy-living/brain-health>
Miami Dementia Care and Cure Initiative <https://miamidementiasupport.org>

Community Health Partners

Alliance for Aging - Main: 305-670-6500, Elder Helpline: 305-670-HELP (4357)
Visit <https://allianceforaging.org/> for Elder Services, Caregiver Services, Healthy Aging , SHINE, and other help.
Alzheimer's Association - Main: 800-272-3900 (24/7 Helpline)
Visit <https://www.alz.org/> for information about Alzheimer's, Brain Health, Treatments & Research, Help & Support.
Access the online **Community Resource Finder** <https://www.communityresourcefinder.org/>.
Dementia Care and Cure Initiative (DCCI) Miami Taskforce - <https://www.miamidementiasupport.org>
Florida Department of Elder Affairs (DOEA) - Main: 850-414-2000, Elder Helpline: 800-96-ELDER (5337)
Visit <http://elderaffairs.state.fl.us/index.php> for Home and Community-Based Programs & Services.
Florida DOEA Dementia Care & Cure Initiative - <http://elderaffairs.state.fl.us/doea/dcci.php>

State-Designated Memory Disorders Clinics

Mt. Sinai Medical Center Wien Center for Alzheimer's Disease & Memory Disorders - Main: 305-674-2543
https://www.msmc.com/medical_care/memory-disorders-and-alzheimers-disease/
University of Miami Center for Cognitive Neuroscience and Aging - Main: 305-355-9065
<https://umiamihealth.org/en/treatments-and-services/psychiatry/memory-disorders-clinic>
MIND Institute at Miami Jewish Health - Main: 305-514-8652 Cell: 305-690-0527
<https://www.miamijewishhealth.org/health/mind-institute/>

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ALZHEIMER

Señales de Advertencia



Pérdida de Memoria



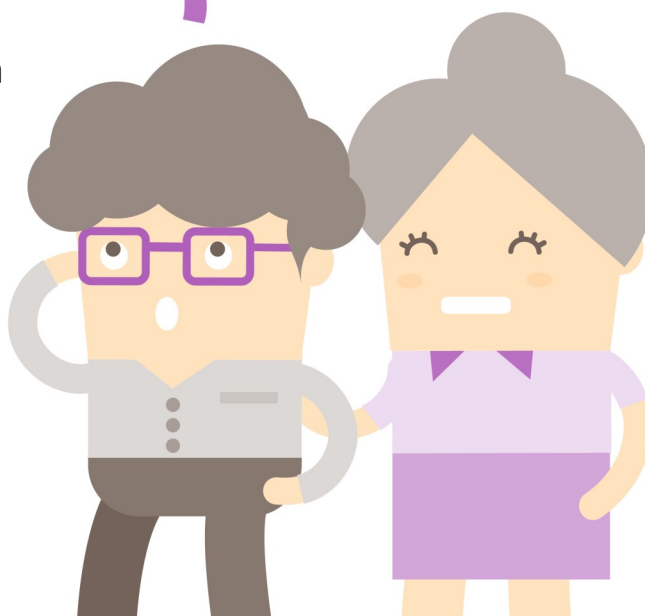
Cambio de Humor



**Extraviar
Pertenencias**



**Dificultad para Completar
Tareas Familiares**



Dificultad Resolviendo Problemas



**Confusión de
Tiempo y Lugar**



**Evitando la
Socialización**



Falta de Juicio



**Dificultad para
Comunicarse**



**Cambios en la
Visión**

Source: Shutterstock

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Enfermedad de Alzheimer y Demencias Relacionadas Recursos Comunitarios

Recursos en Línea

Datos y cifras sobre la enfermedad de Alzheimer <https://www.alz.org/alzheimer-demencia/datos-y-cifras>

Hoja informativa de Alzheimer <https://www.nia.nih.gov/espanol/hoja-informativa-sobre-enfermedad-alzheimer>

Instituto Nacional Sobre el Envejecimiento (NIA) <https://www.alzheimers.gov/es>

OMS-Datos y Cifras <https://www.who.int/es/news-room/fact-sheets/detail/dementia>

10 Señales y Síntomas Tempranos del Alzheimer <https://www.alz.org/es-mx/alzheimer-demencia/las-10-senales>

10 Pasos para Hablar de la Memoria con un Ser Querido <https://www.alz.org/alzheimer-demencia/10-pasos>

Cuidar a un Familiar (con Alzheimer) <https://www.nia.nih.gov/espanol/cuidar-familiar-enfermedad-alzheimer>

Cómo Envejecer Saludablemente <https://salud.nih.gov/temas-de-salud/envejecimiento-saludable/>

10 Hábitos Saludables para Su Cerebro <https://alz.org/es-mx/ayuda-y-apoyo/la-salud-cerebral/10-habitos-saludables>

Iniciativa de Miami para el cuidado y la cura de la demencia <https://miamidementiasupport.org> (en inglés)

Organizaciones Comunitarias de Salud

Alliance for Aging - Principal: 305-670-6500, Línea de Ayuda: 305-670-4357

Visite <https://allianceforaging.org/> para obtener información sobre los servicios para personas mayores.

Alzheimer's Association - Principal: 800-272-3900 (24/7 Línea de Ayuda)

Visite <https://www.alz.org/search?query=spanish> para recursos en español.

Buscador de Recursos Comunitarios <https://www.communityresourcefinder.org/> (en inglés)

Dementia Care and Cure Initiative (DCCI) Miami Taskforce - <https://www.miamidementiasupport.org>

Florida Department of Elder Affairs - Principal: 850-414-2000, Línea de Ayuda: 800-96-5337

Visite <http://elderaffairs.state.fl.us/index.php> (en inglés) para obtener información sobre programas y servicios basados en el hogar y la comunidad para personas mayores.

FDOEA Dementia Care & Cure Initiative - <http://elderaffairs.state.fl.us/doea/dcci.php> (en inglés)

Clínicas Designadas para los Trastornos de Memoria

Mt. Sinai Medical Center Wien Center for Alzheimer's Disease & Memory Disorders - Tel: 305-674-2543

https://www.msmc.com/medical_care/memory-disorders-and-alzheimers-disease/

University of Miami Center for Cognitive Neuroscience and Aging - Tel: 305-355-9065

<https://umiamihealth.org/en/treatments-and-services/psychiatry/memory-disorders-clinic>

MIND Institute at Miami Jewish Health - Tel: 305-514-8652 Cel: 305-690-0527

<https://www.miamijewishhealth.org/health/mind-institute/>

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Resous Kominotè pou Maladi Alzaymè ak Demans yo

ALZAYMÈ

10 Siy Avètisman



Pèt Memwa



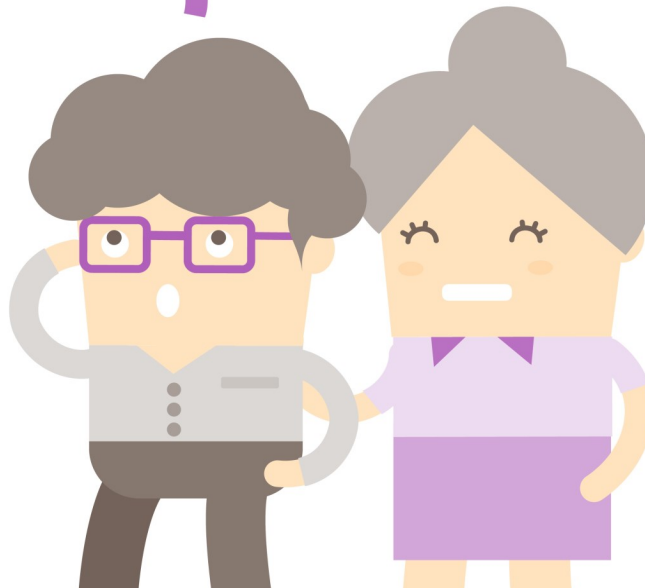
Chanjman Atitud



Pèdi Bagay Toutan



**Difikilte Pou Finn Fè
Yon Travay Fasil**



Difikilte Pou Rezoud Pwoblèm



Konfizyon Lè Ak Kote



**Pran Distan
Ak Moun**



Fè Move Jijman



**Diffikilte Pou
Kominike**



**Chanman
Vizyon**

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Vizite: www.healthymiamidade.org

Resous Kominotè pou Maladi Alzaymè ak Demans yo

Infòmasyon sou Entènèt (an anglè)

Maladi Alzaymè ak Faits ak Figi <https://www.alz.org/alzheimers-dementia/facts-figures>

Fèy Enfòmasyon sou Maladi Alzaymè <https://www.nia.nih.gov/health/alzheimers-disease-fact-sheet>

Sou Maladi Alzaymè <https://www.cdc.gov/aging/aginginfo/alzheimers.htm>

Enfòmasyon sou Demans <https://www.who.int/news-room/fact-sheets/detail/dementia>

10 Siy Avètisman sou Alzaymè <https://www.cdc.gov/aging/healthybrain/ten-warning-signs.html>

Pran Swen Alzaymè <https://www.nia.nih.gov/health/alzheimers/caregiving>

Prevni Maladi Alzaymè <https://www.nia.nih.gov/health/preventing-alzheimers-disease-what-do-we-know>

10 Abitid an sante pou sèvo ou <https://www.alz.org/es-mx/ayuda-y-apoyo/la-salud-cerebral/10-habitos>

Miami Demans Care & Cure Initiative <https://miamidementiasupport.org>

Patnè Pou Sante Kominotè (an anglè)

Alliance for Aging - Telefòn: 305-670-6500, Telefòn Èd pou Granmoun: 305-670-4357

Vizite <https://allianceforaging.org/> pou Sèvis Elder, Sèvis Moun k ap Swen, Healthy Aging, SHINE, ak lòt èd.

Alzheimer's Association - Telefòn: 800-272-3900 (24/7 Telefòn pou mande Èd)

Vizite <https://www.alz.org/> pou enfòmasyon sou alzayme, sante nan sèvo, tretman ak rechèch, èd ak sipò.

Pou Jwen Èd ak Resous Kominotè <https://www.communityresourcefinder.org/>

Dementia Care and Cure Initiative (DCCI) Miami Taskforce - <https://www.miamidementiasupport.org>

Florida Department of Elder Affairs - Telefòn: 850-414-2000, Telefòn Èd pou Granmoun: 800-96-5337

Vizite <http://elderaffairs.state.fl.us/index.php> pou Pwogram ak Sèvis ki baze nan kay ak nan kominote a.

Florida DOEA Dementia Care & Cure Initiative - <http://elderaffairs.state.fl.us/doea/dcci.php>

Klinik Leta Mete pou Moun ki gen Pwoblèm Memwain

Mt. Sinai Medical Center Wien Center for Alzheimer's Disease & Memory Disorders - Tel: 305-674-2543

https://www.msmc.com/medical_care/memory-disorders-and-alzheimers-disease/

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