



ADRC Maine

Look no more. We can help. It's FREE!

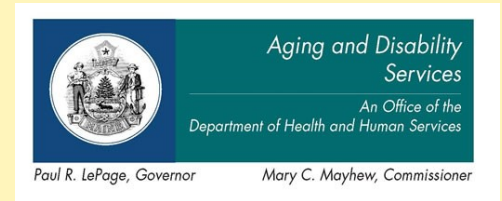
The Aging and Disability Resource Center (ADRC) is just that, a **resource center** for you.

It is your one-stop shop for information on your real-life concerns.

No question is too large or too small. ADRCs are located in each Area Agency on Aging in Maine.



Call 1-877-353-3771
for the ADRC near you.
Or visit adrcmaine.org



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The Ten Warning Signs of Alzheimer's Disease

Memory loss that disrupts daily life	New problems with words in speaking and writing
Challenges in planning or solving problems	Misplacing things and losing the ability to retrace steps
Difficulty completing familiar tasks	Decreased or poor judgment
Confusion with time or place	Withdrawal from work or social activities
Trouble understanding visual images and spatial relationships	Changes in mood and personality

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