

African American Seniors Invited to Help Doctors Learn About Memory Loss

African American seniors are invited to help in an effort to learn more about memory loss and normal aging. The Memory & Aging Project at Washington University, founded in 1979, seeks to understand why some people lose their memory skills and how this problem can be corrected. Those who agree to help receive a free evaluation of memory and thinking ability once each year.

Both healthy seniors and those concerned about memory changes are welcome. If you decide to help in this effort, you can choose to have your test results sent to your regular medical doctor in support of your ongoing care. Taking part is your choice. All information is kept confidential.

Alzheimer's disease (AD) is the # 1 cause of memory loss in older age, yet this disease is often overlooked by health professionals and family members alike. It has been estimated that of the over 4 million Americans with Alzheimer's disease, only half have been formally evaluated and treated. At the Memory & Aging Project, we are committed to improving the diagnosis process and making sure that memory research applies equally to everyone.

**** To learn how you can help and benefit from our services, call 314-286-2683 ****



Dr. Consuelo Wilkins (right) talks about memory loss with an interested volunteer.

Warning Signs of Alzheimer's

- Memory loss
- Misplacing things
- Difficulty performing familiar tasks
- Problems with language
- Disorientation to time or place
- Poor or decreased judgment
- Problems with abstract thinking
- Changes in mood or behavior
- Changes in personality
- Loss of initiative

Resources on Memory Loss

Alzheimer's Association, St. Louis
(314) 432-3422 / www.alz.org

AD Education & Referral Center
(800) 438-4380 / www.alzheimers.org

Alzheimer List E-mail Support Group
www.adrc.wustl.edu/alzheimer

Memory & Aging Project
Alzheimer's Disease Research Center
Washington University
4488 Forest Park Avenue, Suite 101
St. Louis, MO 63108
(314) 286-2683; Fax (314) 286-2448
www.adrc.wustl.edu

Helping Seniors Live Independently



The Memory and Aging Project Satellite (MAPS) is an outreach program in the St. Louis area. We help people with memory loss and confusion to live as independently and safely as possible in their own homes.

Our free services include:

- An in-home memory assessment by a nurse
- Education and counseling for client and family
- Help to identify needs and eligibility for support services
- An evaluation to assess independence and safety
- For more information on MAPS or to make a referral, call **(314) 612-5911**.