

## OLLI Ageing. Spring 2025

### **DIFFICULTIES IN DAILY FUNCTIONING**

#### MEMORY

Rarely remember a person's name the first time I meet them  
Trouble remembering phone numbers, but remember things from the past  
Trouble remembering words that are at the tip of my tongue  
Remembering to take everything out to the car that I need during the day.  
Recalling conversations with my family. They say "we already told you."  
Can't remember my schedule at all. Use a calendar  
Remembering names of people, streets, labels for things  
Difficulty remembering what I've learned  
Trouble remembering some words or ideas  
Problems with short-term memory  
Memory lapses, problems concentrating  
Difficulty recalling or taking shortcuts  
Misplace glasses, various items  
Where did I put something?  
Forget things immediately  
General memory problems (6)  
Where did I put my cell phone?  
Difficulty recalling words  
Remembering names  
Can't find words  
Forgetting names

#### DRIVING

Driving, remembering, but if I relax and let it surface, what I'm searching  
for always comes back  
Driving, a challenge and no longer a pleasure  
Difficulty driving  
Slower reaction time driving  
Driving at night is difficult  
Driving at night is harder  
Stopped night driving

## DECISIONS

Slower in making decisions, paying attention  
Problems making decisions  
Harder to make decisions

## MOBILITY

Mobility issues. Balance  
Walking and knowing what's around me  
Balance and walking on uneven surfaces

## GENERAL COGNITION, THINKING

Being able to grasp first grade type math concepts  
Difficulty following plots/people in reading  
Slower thinking.

## ATTENTION

Attention problems while driving, or eating, walking, or carrying anything.  
Less focused. No longer the "quick study"  
Paying attention. Making decisions.  
Trouble concentrating for long periods  
Difficulty paying attention  
My mind wanders

## OTHER

Lower energy levels as day progresses  
Takes two-times longer to get ready in the morning

## COMPLETING THE SENTENCE

**As I get older my mind . . . . .**

wanders, but always backward, but had more understanding, broader frame of reference and storage of knowledge.

works pretty well overall, but has difficulty retaining new things I've learned, and remembering names.

reads a lot of books, goes to Olli, does crossword puzzles, has social interactions.

is less focused, difficult to retain data, other things, less flexible to change, like learning new driving routes

tends to wander backwards and not forwards, and sees things in shorter time periods

tends toward regret, back to college, but I also learn methods of letting go of regret.

grabs hold of situations which are unpleasant and play them over and over.

seems to function pretty much as well as it ever did, but it's a bit slower.

short-term memory is slowing, takes longer to remember an event or name.

slows in primary thoughts, words, emotions, decisions.

needs to be paid more attention to for it's health, etc.

needs exercise to maintain cognition (both physically and cognitively).

doesn't retain new information as readily as it used to.

is very fearful of Alzheimer's. My aunt, my father, and sister all died of it.

finally figures out what happened when I was three years old or later.

is slower, but i think more broadly, have better perspective.

seems a little fuzzier. I have to write things down for my daily "to do" list.

doesn't mind small memory losses; actually funny.

remains sharp but short-term memory gets worse.

is becoming more important to me.

is becoming more reflective and spiritual

hasn't changed significantly, so far.

craves more information about everything.

has difficulty with short-term memory.

takes longer to process information.

is less capable of multi-tasking.

has become less rigid  
has scatter skills.  
has hearing loss  
is getting slower.  
loses its nouns  
is more curious  
wanders