

# 5 Signs of Aging

With age brings mental and physical changes. While each person's unique health history and genetic disposition play a key role in the effects of growing older, it's important to have a general understanding of what's considered moderate and common.

Sign	What Is Common	Watch Out For
 <p>1. Forgetfulness</p>	<p>Occasionally misplacing things</p> <p>Missing an appointment</p> <p>Occasionally forgetting a name or word</p>	<p>Forgetting recent events</p> <p>Forgetting daily tasks like taking medication, declining hygiene</p> <p>Forgetting to turn off the stove or oven</p> <p>Getting lost</p>
 <p>2. Difficulty Maintaining Home</p>	<p>Decreased ability and/or desire to stay on top of cooking, home maintenance or paying bills</p>	<p>Unsafe and unsanitary surroundings due to complete neglect</p>
 <p>3. Mood Change Following Loss or Major Life Event</p>	<p>Sadness following the death of friends, family or a spouse</p> <p>Frustration or sadness after retirement or selling the family home, or because of declining health</p>	<p>Signs of depression and anxiety such as a decrease in energy, appetite and interest in things they once enjoyed</p> <p>Persistent feelings of sadness, anxiety and irritability</p>
 <p>4. Physical Decline</p>	<p>Gradual vision loss, tooth loss, hearing loss, joint pain, declining sense of balance and urinary incontinence due to weak bladder muscles</p>	<p>Rapid decline of health, mobility or control of bodily functions</p>
 <p>5. Isolation and Loneliness</p>	<p>Fewer interactions with others due to declining health, limited mobility or disabilities</p>	<p>Signs of depression and anxiety as well as ignoring phone calls or other attempts of communication from others</p> <p>Frequently napping or spending long hours watching TV</p>