

# Distinguishing Normal Aging From Incapacity



## Normal Aging

Normal and gradual process that affects the body and its functions as a whole, varying from one person to another. Normal aging is not synonymous with vulnerability or incapacity.

- ▶ Memory problems of varying degrees
- ▶ Decline in ability to assimilate or understand new concepts
- ▶ Reduced physical functions
- ▶ Difficulty concentrating
- ▶ Difficulty finding the right words
- ▶ Momentary forgetfulness of specific events

### ATTENTION:

The decline of intellectual faculties is often slight, does not affect daily life, varies from one person to another, and is minimal for the majority of aging clients.

## Incapacity

Inability of a person to express his/her will due to a significant deterioration of his/her cognitive faculties.

- ▶ Memory loss
- ▶ Difficulty understanding simple or somewhat complex concepts
- ▶ Weight loss, physical deterioration
- ▶ Misunderstanding or forgetfulness
- ▶ Difficulty speaking
- ▶ Unusual behaviour

### ATTENTION:

The presence of some or many of these signs does not necessarily imply incapacity.

#### Sources:

Elder abuse: A growing dilemma in an aging population – Canada – CBC News (2011)

Crime and Abuse Against Seniors: A Review of the Research Literature With Special Reference to the Canadian Situation <http://www.justice.gc.ca/eng/rp-pr/cj-jp/fv-vf/crim/sum-som.html>



Powering  
your ideas™

National Bank of Canada (NBC) is a public company listed on the Toronto Stock Exchange (TSX: NA). The particulars contained herein were obtained from sources which we believe reliable but are not guaranteed by us and may be incomplete. The opinions expressed are based upon our analysis and interpretation of these particulars and are not to be construed as a solicitation or offer to buy or sell the securities mentioned herein. NBC may act as financial advisor, fiscal agent or underwriter for certain of the companies mentioned herein and may receive remuneration for its services. NBC and/or its officers, directors, representatives, associates, may have a position in the securities mentioned herein and may make purchases and/or sales of these securities from time to time in the open market or otherwise.