

## Attorneys and Memory Loss

Through the miracles of modern medicine and increased health consciousness, we are living longer and working longer than ever before. As attorneys, many of us are practicing longer than the previous normal retirement ages of 65 to 70. Perhaps this is to preserve one's identity, or simply to continue to maintain a standard of living to which one has become accustomed.



Whatever the reason for continuing to practice beyond normal retirement age, as part of the normal aging process our brains go through changes, and cognitive processing may erode over time. Some of us may be experiencing changes in memory, or notice this in our colleagues or friends.

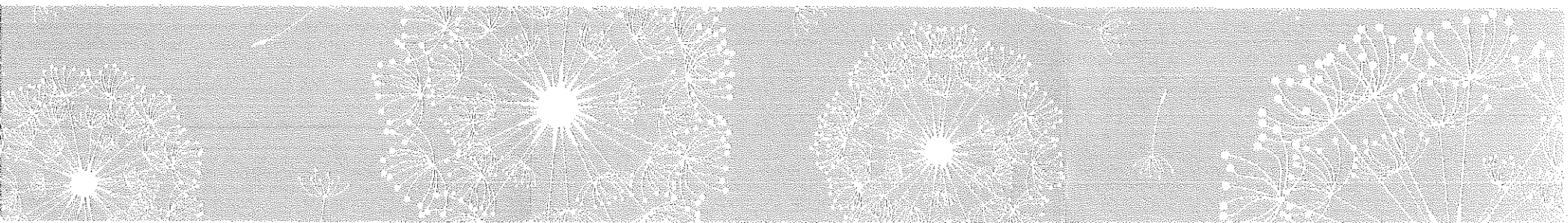
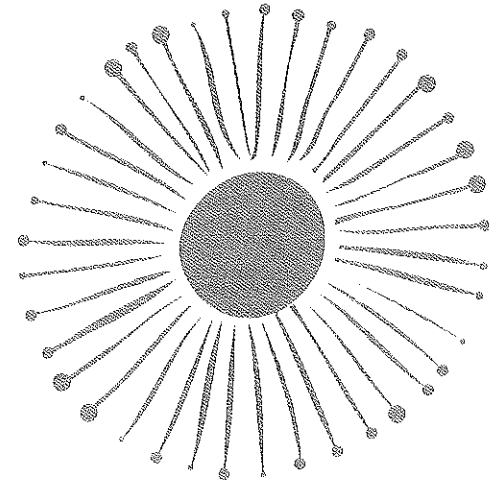
Attorneys who were once sharp as a tack and never missed a step begin to stumble through simple thoughts, can't find the right words, and begin to mentally wander. There may be missed deadlines, personality changes, client complaints, or disciplinary actions.

Recognizing the signs of memory loss and other symptoms of cognitive impairment, and knowing what steps to take, are crucial in protecting the practice and the clients, and preserving the dignity of the affected attorney.

Of course there is always the possibility that the cause of what appears to be symptoms of mental impairment is reversible, such as hypothyroidism, vitamin deficiencies, tumor, psychiatric illness, substance abuse/dependence, etc.

As with any illness, early intervention is crucial, whatever the cause. The goal should always be to preserve the person's dignity and reputation, and protect the public.

NJLAP offers free and completely confidential early intervention in a non-threatening and professional environment. Initial baseline screening by trained NJLAP staff is offered, with follow-up to appropriate resources and ongoing support.



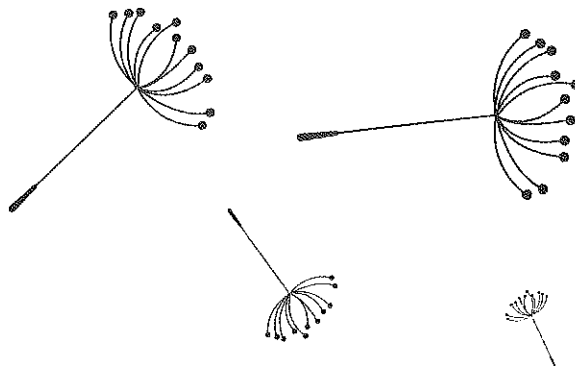


*Concerned about memory loss in yourself or a colleague?*

*Confused as to where to start to seek help?*

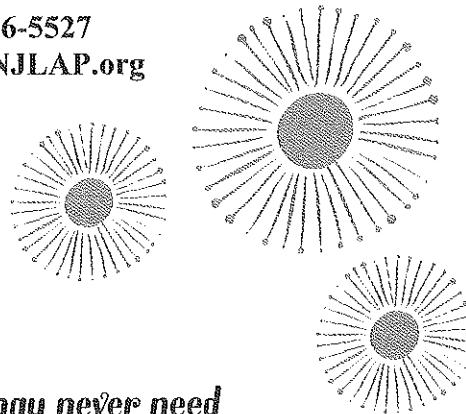
NJLAP offers a first-step helping hand through:

- Confidential early identification of impairment
- Referral to appropriate medical professionals for diagnostic testing and treatment
- Ongoing education to the Bench/Bar through presentations and CLE events



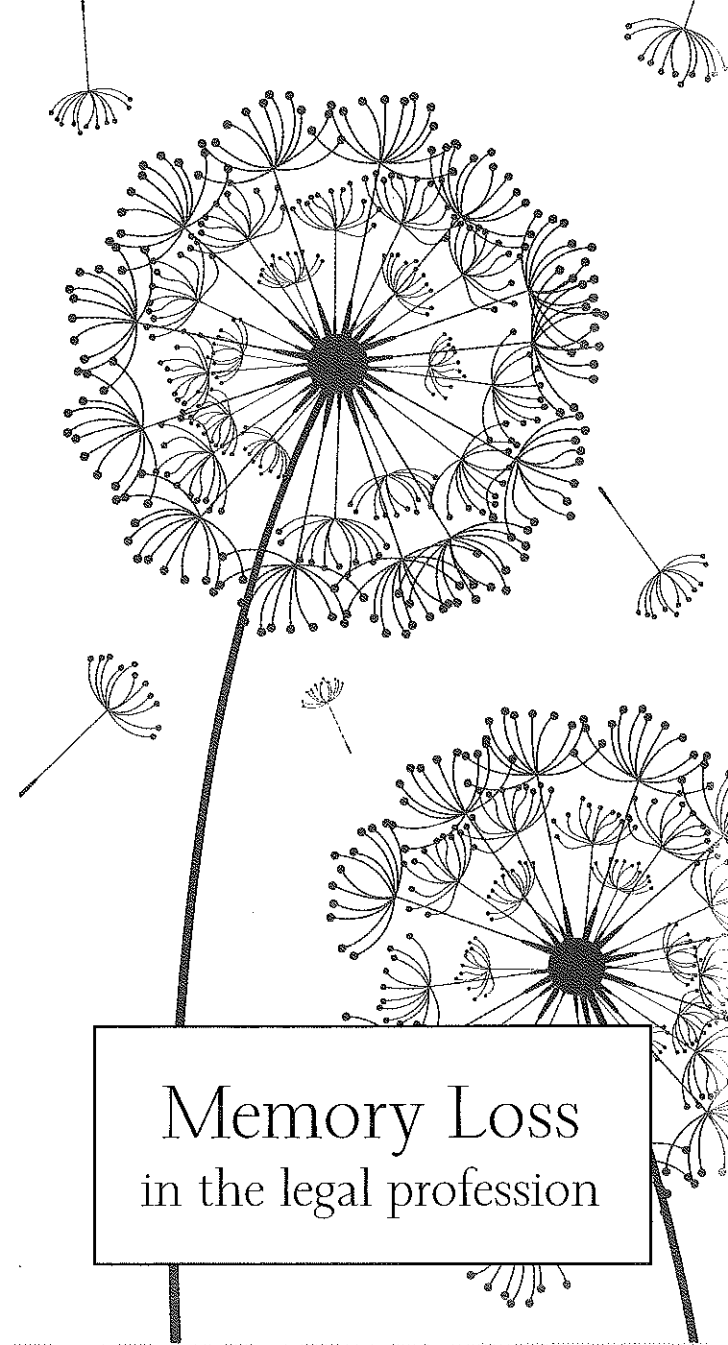
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*You may never need  
to call Lawyers Assistance,  
but someone you know will.*

*You do not have to manage alone.*



Memory Loss  
in the legal profession

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