

The Telltale Signs ... When A Loved One Needs Assistance

1. **Home** - Does the home and grounds, that once were clean and kept up, now appear neglected? Are there any broken appliances? This is especially troublesome if your parent was once a tidy housekeeper.
2. **Eating habits** - Is there enough food and/or spoiled items in the refrigerator? Look for noticeable weight loss.
3. **Interaction** – Does a parent, once capable of engaging in conversation, seem confused, distracted or distant? Notice if they have lost interest in conversation, hobbies and activities.
4. **Mobility** – Do you see any difficulty sitting down or getting up from a seated position? Notice if they lose their balance or start to fall when moving about.
5. **Forgetfulness** – Does your parent seem uncertain as to the time of day? Do you see full bottles of medications and/or meds not refilled? Signs of forgetfulness also include for stacks of unopened mail, unpaid bills, bounced checks, missed appointments and older reminder slips and phone messages.
6. **Personal hygiene** – Look for signs of neglect, such as not shaving, showering or a disheveled appearance. Do you notice signs of poor dental hygiene, unattended and/or unexplained wounds or injuries?
7. **Driving** - Unexplained scratches and dents on automobile.