

Signs That a Loved One May Need Help

Have you noticed changes in the memory, habits or overall condition of a family member?

There may be cause for concern if a loved one...

Shows signs of physical changes:

- Seems physically fragile or unsteady when standing
- ☐ Has fallen more than once, with or without injury
- ☐ Has lost or gained a significant amount of weight
- Often complains of feeling fatigued
- Has difficulty seeing or hearing well enough to communicate properly
- Has unexplained injuries or bruises

Shows sign<mark>s o</mark>f self<mark>-care</mark> c<mark>ha</mark>nges:

- Doesn't take medications as prescribed
- ☐ Has dirty clothes, hair or bedding
- ☐ Has body odor or odors in the home
- Has stacks of bills, paperwork or unopened mail around the home
- ☐ Has many alcoholic beverage bottles in the trash
- ☐ Has not adequately maintained the home
- Refuses to go to the doctor or dentist

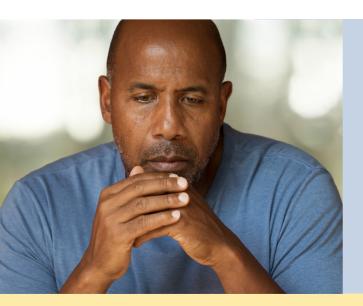


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Shows signs of psychosocial changes:

- ☐ Appears confused or forgetful
- Appears anxious or depressed
- ☐ Is unable to clearly explain things or describe needs
- ☐ Shows mood or personality changes
- ☐ Is increasingly isolated and refuses to go out
- ☐ Is newly suspicious of previously trusted relatives
- ☐ Has experienced deterioration of relationships with others
- ☐ Asks about the same thing repeatedly





Experiences other significant life changes:

- ☐ Has suffered the loss of a spouse, child, partner or pet
- ☐ Has recently lost the right or the ability to drive
- Has had significant others move away
- ☐ Is no longer involved with friends, neighbors or community

Safeguard Those You Hold Dear

If you see indications that a loved one may need assistance, a professional assessment is the best place to start. One of our highly credentialed care managers can work with you to provide a thorough face-to-face assessment of your family member, and then design a customized plan to meet his or her needs.

Please call 800-254-9708 or send us a message through our website at interventionassociates.org/contact to discuss your concerns without obligation.



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