



**Intervention  
Associates<sup>SM</sup>**

Care Management and Guardianship

# 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 signs of self-care changes:***

- ☐ 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](https://interventionassociates.org/contact) to discuss your concerns without obligation.

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