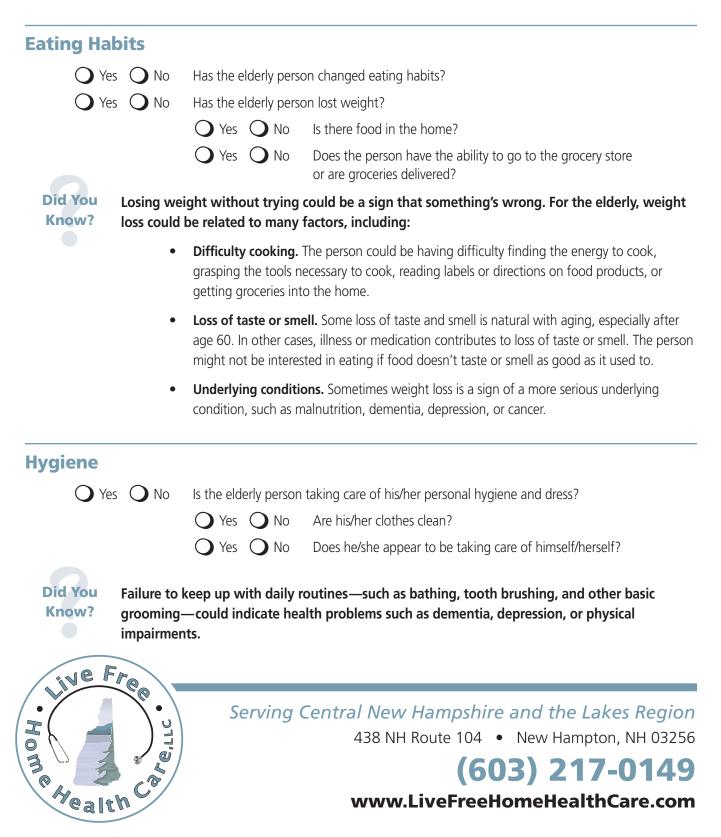
Warning Signs That Care is Needed

Sometimes people won't admit they need help to stay at home, and others may be unaware that it is time for some extra help to maintain a healthy and safe home environment. Knowing and watching for signs that could indicate extra assistance is needed may fall on family, friends or advisors. Take note of the following:



Care of Home Is the home being maintained in good order? Yes No Is the yard overgrown? Yes No Yes No Is there clutter blocking walkways through the house?

Did You Know?

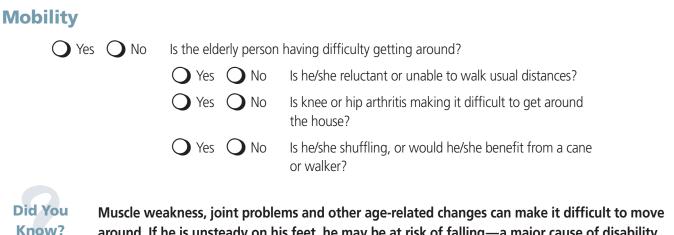
Any big changes in the way things are done around the house could provide clues to health. For example, scorched pots could mean forgetting about food cooking on the stove. Neglected housework could be a sign of depression, dementia, or other problems.

Safety / Mental Attitude

Yes 🔾 No	Is the senior safe in his/her home?	
	• Yes • No	Does the person have difficulty navigating a narrow stairway?
	Yes 🔾 No	Has he/she fallen recently?
	Yes 🔾 No	Is he/she able to read directions on medication containers?
	• Yes • No	Is there adequate lighting for nighttime trips to the bathroom?
	Yes 🔾 No	Has he/she had physical problems such as burns or injury marks resulting from general weakness, forgetfulness, or possible misuse of prescribed medications?
🔾 Yes 🔾 No	Is the older person in good spirits?	
	• Yes • No	Is he/she unusually fatigued?
	• Yes • No	Is he/she connecting with friends?
	• Yes • No	Has he/she maintained interest in hobbies and other daily activities?
	• Yes • No	Is he/she involved in social organizations or clubs?
	• Yes • No	If he/she is religious, does he/she attend regular worship services?
	Yes O No	Has he/she changed relationship patterns such that friends and neighbors have expressed concerns?



A drastically different mood or outlook could be a sign of depression or other health concern.



around. If he is unsteady on his feet, he may be at risk of falling—a major cause of disability among older adults.

Behavior Yes No Has the person exhibited forgetfulness or inappropriate behavior? () Yes () No Is he/she unusually loud or quiet, paranoid, agitated, making phone calls at all hours? Yes 🔿 No Has his/her forgetfulness resulted in unopened mail, piling newspapers, unfilled prescriptions, or missed appointments? Yes No Has he/she mishandled finances such as not paying bills, losing money, paying bills twice or more, or hiding money? Yes No Has he/she made unusual purchases such as buying more than one magazine subscription of the same magazine, entering an unusual amount of contests, purchasing an increased amount of items from television advertisements? Yes No Are multiple medications from multiple doctors being taken? **Did You** Sometimes multiple doctors may be treating a person for multiple health conditions. Usually Know? doctors are not in communication about other doctors' prescriptions. Decline in functioning may be due to medication reactions/interactions. Have multiple prescriptions evaluated by a medical doctor skilled in polypharmacy (the knowledge of how various medications interact).

If any of these signs are noted and raise concerns, bring them to the attention of the person's physician and consider additional care in the home. **Live Free Home Health Care** provides traditional and non-traditional in-home care offerings such as meal preparation, personal care, transportation and Alzheimer's care, whether the needs are daily, weekly, temporary or long-term.

Sources: Mayo Clinic, Eldercare.gov

Page 3