

Don't wait for a crisis.

# SIGNS TO WATCH

Talking about the situation sooner is essential if you recognize some of these symptoms.



- Recent hospitalization or injury
- Complicated medical issues or medications
- Forgetting to take medication or taking more than prescribed
- Missing appointments

- Dirty house or clutter piling up
- Spoiled food in the fridge or expired food in cabinets
- Infrequent bathing, showering, or grooming
- Stacks of unopened mail or an overflowing mailbox
- Late payment notices



- Decreased participation in activities outside the home
- Loss of interest in usual activities or hobbies
- Comments of sadness or loneliness
- Poor diet or reduced weight
- Changes in mood or extreme mood swings

- Unexplained bruising or potential fall hazards in the home
- Difficulty walking or balancing
- Forgetfulness, confusion, or memory loss
- Overweight or underweight pets
- Decreased ability to keep up with chores, shopping, and errands