



SIGNS TO LOOK OUT FOR WHEN VISITING AN ELDERLY PARENT

These signs can help indicate whether they may need assisted living or additional support.



HOME ENVIRONMENT

OBSERVATION

POTENTIAL CONCERNS

WHAT IT MIGHT INDICATE

Excess clutter or mess	→	Difficulty with cleaning or organizing	→	Decreased mobility, or cognitive decline
Spoiled food in fridge	→	Forgetfulness or neglect of nutrition	→	Memory loss or confusion
Unopened mail or unpaid bills	→	Trouble managing finances or attention issues	→	Cognitive decline or early dementia
Burn marks on pots or stove	→	Cooking accidents or forgetfulness	→	Safety risks, potential fire hazard



PHYSICAL APPEARANCE/HYGIENE

OBSERVATION

POTENTIAL CONCERNS

WHAT IT MIGHT INDICATE

Wearing same clothes for days	→	Trouble with dressing or hygiene	→	Cognitive decline, mobility issues or depression
Body odor or unkempt grooming	→	Difficulty bathing or lack of awareness	→	Physical or cognitive limitations
Unexplained bruises or injuries	→	Falls or bumping into things	→	Balance issues or hidden accidents
Weight loss or frailty	→	Poor nutrition, forgetting meals	→	Illness or inability to cook or shop



COGNITIVE & MENTAL HEALTH

OBSERVATION

POTENTIAL CONCERNS

WHAT IT MIGHT INDICATE

Repeating stories or questions	→	Short term memory problems	→	Early dementia or cognitive decline
Confusion about time or place	→	Disorientation	→	Cognitive decline or worsening dementia
Increased anxiety, irritability or apathy	→	Mood or personality changes	→	Depression or neurological issues
Forgetting names or familiar tasks	→	Memory lapses	→	Cognitive decline or Alzheimer's



MEDICAL & MEDICATION MANAGEMENT

OBSERVATION

POTENTIAL CONCERNS

WHAT IT MIGHT INDICATE

Missed doctor appointments	→	Forgetfulness or poor organization	→	Cognitive issues or transportation challenges
Expired medications or duplicate bottles	→	Medication mismanagement	→	Risk of overdose or underdose
Unaware of what medications are for	→	Confusion or poor understanding	→	Need for assistance managing health



SOCIAL BEHAVIOR & ACTIVITY

OBSERVATION

POTENTIAL CONCERNS

WHAT IT MIGHT INDICATE

Withdrawal from social activities	→	Loss of interest or energy	→	Depression or isolation
No longer participating in hobbies	→	Decreased motivation or ability	→	Cognitive or emotional health decline
Not answering phone or returning calls	→	Avoidance or forgetfulness	→	Hearing issues or confusion



SAFETY CONCERNS

OBSERVATION

POTENTIAL CONCERNS

WHAT IT MIGHT INDICATE

Trouble using stairs or getting around	→	Reduced mobility or strength	→	Need for mobility aids or safer environment
Getting lost in familiar places	→	Spatial disorientation	→	Cognitive decline or dementia
Leaving doors unlocked or appliances on	→	Safety oversight	→	Memory issues or confusion