

SIGNS TO LOOK OUT FOR WHEN VISITING AN ELDERLY PAREN

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

Unopened mail or unpaid bills

Trouble managing finances or attention issues Cognitive decline or early dementia

confusion

Burn marks on potsor 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

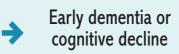
OBSERVATION

POTENTIAL CONCERNS

WHAT IT MIGHT INDICATE

Repeating stories or questions

Short term memory problems



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

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

Cognitive decline

or dementia

Getting lost in familiar places



Safety oversight

Spatial

disorientation

Leaving doors unlocked or appliances on

Memory issues or confusion

