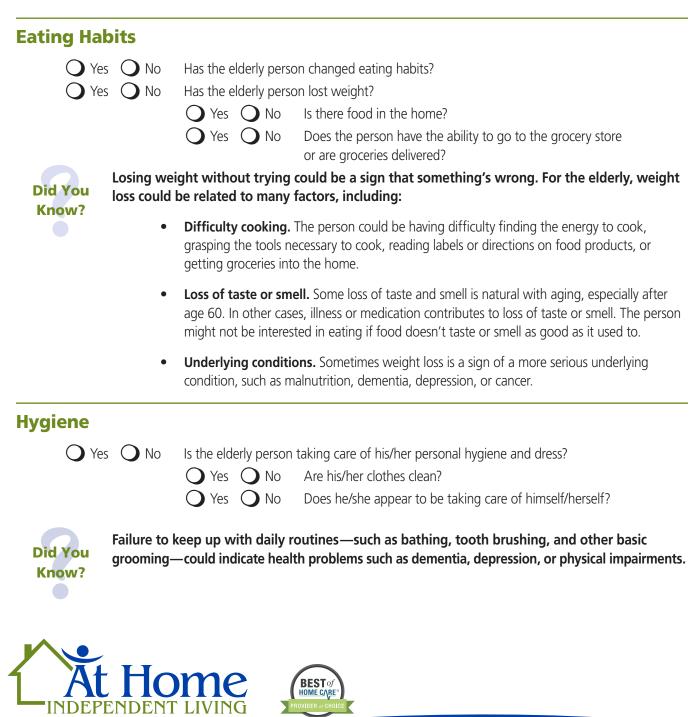
Warning Signs That Care is Needed

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:



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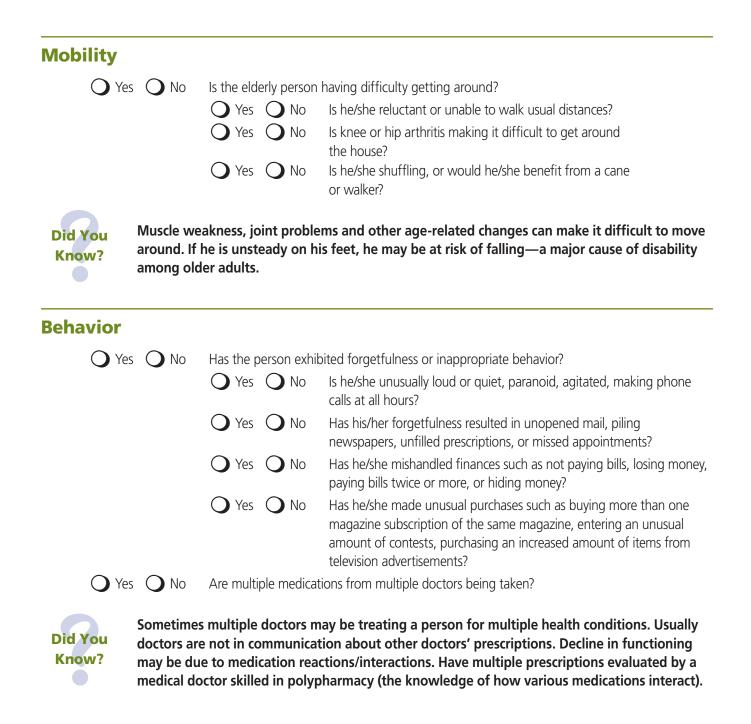
Any big changes in the way things are done around the house could provide clues to health. For example, scorched pots could mean forgetting about food cooking on the stove. Neglected housework could be a sign of depression, dementia, or other problems.

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?
id You		



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



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. **At Home Independent Living** 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