



## Early Warning Signs that an Older Adult May Need Help:

*The signs will be different depending on the senior's personality and whether changes are related more to physical weakness or failing cognitive abilities. Noticing one or two of the signs below could be a trigger to seeking help.*

- **Changes in judgment** in areas such as bill paying, personal appearance, housekeeping, and safety.
- **Changes in mood or personality** such as an increase in anger, anxiety, tearfulness, or becoming easily upset.
- **Changes in visual perception** such as not wanting to read the newspaper, sudden minor care accidents, clumsiness with everyday objects.
- **Misplacement of items** such as keys, glasses, or wallet, and the inability to retrace steps. Possibly blaming others for taking their items.
- **Inability to remember** new information and calling family to confirm questions repeatedly.
- **Vague general social conversation** and changing the subject instead of responding to questions. Denial of problems.
- **Decrease in desire to participate** in hobbies or events that they would have otherwise enjoyed in the past.
- **Avoidance of tasks** that require steps to plan such as meal preparation, bill paying or following up on medical appointments.
- **Weight loss** which may be related to eating mostly junk and snack food or may be an undiagnosed illness.



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Geriatric Care Management, LLC

For more information call

**630.858.6466**

[www.sandersandwarren.com](http://www.sandersandwarren.com)