

## Warning Signs Checklist

It is important to notice what your elder loved one is capable of, and where they may need some assistance. The following items are areas that are important to pay attention to. If your elder loved one needs help with three or more of these items, we recommend giving us a call.

### Home Management:

- Are all walkways around their home well lit?
- Do they have handrails indoors and outdoors on both sides of stairs?
- Do they find it challenging to move around their bathroom?
- Do rugs, floors, or cords pose a slipping or tripping hazard?
- Is the house not as tidy as it previously was?

### Personal Wellbeing:

- Bathing/Hygiene - Individual is not bathing or is uninterested in personal hygiene
- Has difficulty getting together with friends and family
- Driving is becoming less desirable
- Feels you/they are becoming a burden to your friends and family
- Forgets to take medications
- Require regular assistance for a family member or caregiver

### Engagement:

- Spends most of your/ their time alone
- No longer socializing or is showing signs of depression
- Individual is not in contact with others, or lacks group interaction

### General Health:

- Eating - Not eating or not eating healthy, less motivated to cook, weight loss/weight gain
- Dressing/Grooming - Individual has lost interest in appearance or does not dress all day
- Sometimes feels dizzy or has trouble keeping their/your balance
- Trouble walking
- Difficulty doing household chores
- Expresses fear of falling or has a history of falls
- History of multiple hospital stays in the past year
- Limited physical activity because of fear of falling
- Increase in falling

### Extra Support:

- Loved one needs extra visits
- Recently hired housekeeper, yard person, etc...
- Medications - Individual takes medicine at the wrong time or takes the wrong dosage
- Physician is aware that senior self-administers medications
- Individual can **recognize** medications.

- Individual knows ***when*** to take medications.
- Individual knows ***how*** to take medications.
- Individual knows the reason for taking medications.
- Individual is solely responsible for ordering & maintaining an adequate supply & administering his/her own medications.
- If insulin dependent, is individual able to monitor his/her own blood sugar?
- If insulin dependent, does individual dispose of needles in appropriate containers?