



Home Care Checklist

Have you noticed changes in the memory, habits or overall condition of a family member? There may be cause for concern if a loved one...

Shows signs of physical changes:

- Seems physically fragile or unsteady when standing
- Has fallen more than once, with or without injury
- Has lost or gained a significant amount of weight
- Doesn't take medications as prescribed
- Often complains of feeling fatigue
- Has dirty clothes, hair or bedding
- Has a stack of bills, paperwork or unopened mail
- Has body odor or odors in the home
- Has difficulty seeing or hearing
- Has unexplained injuries or bruises
- Has many alcoholic beverage bottles in the trash
- Has not adequately maintained the home

Shows signs of psychosocial changes:

- Appears confused or forgetfuling
- Appears anxious or depressed
- Is unable to clearly explain things or describe needs
- Shows mood or personality changes
- Is increasingly isolated and refuses to go out
- Refuses to go to doctor or dentist
- Is newly suspicious of previously trusted relatives
- Has experienced deterioration of relationships with others
- Doesn't remember asking about the same thing repeatedly

Experienced significant life Changes:

- Has suffered the loss of a spouse, child, partner or pet
- Lost the right or the ability to drive
- Has had significant others move away
- Is no longer involved with friends, neighbors

If you see indications that a loved one may need assistance with personal care or other daily activities, please call 1-888-769-7724 or email us at info@SeniorSolutionsHomeCare.com about your concerns without obligation.