



## Common Signs That Home Care Assistance Is Needed

### PHYSICAL CHANGES

- Sleeping most of the day
- Poor diet or weight gain/loss
- Has fallen or lost balance
- Demonstrates poor hygiene such as dirty hair, body odor
- Difficulty with communicating including challenges with hearing and seeing
- Changes in health/medications

### MENTAL CHANGES

- Loss of interest in hobbies and activities
- Changes in mood or extreme mood swings
- Forgetfulness, including forgetting to take medications
- Poor judgement
- Appears anxious or depressed

### HOUSEHOLD CHANGES

- Dishes and laundry piled up
- Strong smell of urine in the home
- Little or no healthy food options in cabinets or refrigerator
- Spoiled food
- Unexplained stains
- Stacks of mail or overflowing mailbox

### LIFE CHANGES

- Changes in relationships
- Distrust of friends or family
- Loss of spouse, significant other
- Loss of driving privileges
- Development of major health issues for self or loved one