

| Areas of Concern | Cause for Concern | Yes/ No |
|---|---|----------------|
| Concerned friends/ neighbors | They notice worrisome changes, step in to help when they can, but when the changes are such that they're concerned for your loved one's safety, it's time to step in. | |
| Their home | It's not as clean or sanitary as you remember growing up. Routine maintenance, inside and outside, is neglected. You may notice hoarding tendencies, the trash not being taken out or the fridge filled with spoiled food. | |
| Finances | Bills are unpaid or paid more than once; an unusual number of payments to telemarketers, charities, and television advertisements; utilities are at risk of being shut off; money is hidden; and/or the mail or newspapers are piling up. | |
| Eating habits | Is there weight loss? No appetite or missing meals? You discover molding, rotten food in the kitchen, or a burnt pan on the stove that your loved one can't explain. Your parent says they just ate lunch but there is no evidence to support this. | |
| Medications/ health care | Medications are being taken incorrectly. Your parent doesn't know why they are taking certain medications. They're confused about their doctor's advice, not filling their prescriptions, or missing medical appointments. | |
| Safety | Your love one has difficulty using the stairs. They have had repeated falls. They seem less cautious about strangers and you are worried they may be vulnerable to abuse. They lack the safety awareness that they once had, and you wonder what they would do in an emergency. | |
| Hygiene | Your parent's clothing may not coordinate, it may be soiled, worn for days, or not appropriate for the weather. Are they bathing infrequently and not attending to oral hygiene? You may notice body odor, bad breath, neglected nails and teeth, and sores on their skin. | |
| Driving | The car has new scratches or dents that can't be explained. Regular car maintenance is being ignored. Your parent may mention they got lost while driving or ran out of gas. Or, they may seem too nervous to drive or don't have insight that it's time to give up the keys. | |
| "Mom is fine" | So your father says. Mom agrees, though your gut tells you otherwise. They've learned to compensate for one another and may be afraid or embarrassed to share that they are struggling. | |
| Uncharacteristic behaviors | Your parent is unusually loud or quiet, paranoid, agitated, making phone calls at all hours. Your loved one no longer initiates activities, is more withdrawn and isolated, and you wonder if sleeping all day is now the norm. | |
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