

### SIGNS TO LOOK FOR

**GREET THEM WITH A HUG.** A hug can go a long way. But, it can also allow you to see how physically fit your loved one(s) are.

- Do they feel steady?
- How is their stature?
- Do they welcome you with a hug in return?
- Do they smell clean or is there a concerning odor?
- Have they lost weight?
  - Weight loss can notify financial concerns that keep them from shopping.
  - Maybe they have trouble cooking because they are unable to read the fine print.
  - Could be a sign of a more serious condition, i.e. malnutrition, dementia, depression, or cancer.

**TAKE TIME TO LISTEN.** Listening can go a long way, especially when it means keeping a strong relationship with your relative.

- Pretend it's the first time you've heard a story they might've told you many times before. Do so with all the focus and interest you can.
- Listening can also allow you to pick up on repeated questions... which can be indicative of memory loss.

### ASK ABOUT THEIR FRIENDS/HOBBIES.

- Are they connecting with friends?
- Are they keeping up their interest faith based communities and/or clubs?

**ACT LIKE A NOSY NEIGHBOR.** Be annoying! Continue to check up on them.

- Look for clutter around the house. If there is too much clutter... it could be a tripping hazard or a sign of neurological issues.
- Look through their mail to check for unopened bills and/or thank you notes.
- Open cabinets, pantry, refrigerator and check for expired foods/medications.
- Check appliances to ensure they are in working order and to avoid accidental fires.
- Check for health of pets or plants. If looking ill or dying, it could indicate they are forgetting to take care of them.

### TAKE A STROLL OR GO FOR A RIDE.

Problems with walking can indicate signs of joint weakness, falls, or possibly a bone disease.

- Do they have problems getting up from a chair?
- How is their balance?
- Do they shuffle when they walk?
- When taking a ride in the car, does your loved one fasten their seatbelt?
- Check for warning lights in car's dashboard.
- Do they drive consistently below the speed limit?

## WHEN VISITING AGING RELATIVES/FRIENDS...

*Signs to Look For and How to Address*



### HOW TO ADDRESS:

#### SHARE YOUR CONCERNS WITH LOVED ONE(S).

- Could help lead to doctor visits or initialize changes.

#### ENCOURAGE LOVED ONE(S) TO SCHEDULE REGULAR CHECK-UPS.

- Before visit, identify key things you want to speak with doctor about to make visit easier for you, your loved one(s), and the doctor.

#### ADDRESS POTENTIAL SAFETY ISSUES.

- Work with loved one(s) to find solutions to issues and how you can fix them

#### LOOK INTO HOMECARE SERVICES.

- Somebody to help clean house.
- Home healthcare aid to help with bathing.
- Meals on wheels to deliver food.
- Maybe look into assisted care living facilities.

#### SEEK OUT HELP FROM LOCAL AGENCIES.

- Google "Eldercare Locator" to find services close by to you