

Eldercare

Cautionary Signs for Caregivers

These signs may indicate your parents need extra support from a professional.

Physical symptoms: falls, weight loss, vision or hearing loss, poor balance or unsteady on their feet

Changes in personality: increased anxiety, sadness, hopelessness, easily agitated

Forgetfulness: confusion regarding dates, times, and names; medication schedule mix-ups; missed doctor's appointments

Appearance: changes in hygiene habits, not changing clothes, odor

Social interaction: isolation or withdrawal from family and friends; depression, inappropriate behavior or speech including argumentative or physically aggressive reactions; repeated phone calls to family or friends at odd times

Poor decision making, signs of being taken advantage of by others

Financial management: banking mistakes and sudden changes in habits, failure to pay routine expenses, 'surprise' financial decisions, accumulation of bills and mail

Household tasks: incomplete house and yard work, spoiled food in the refrigerator, scorched pots and pans

Driving: recent accidents and traffic violations in contrast to lifelong clean driving record; mysterious car scratches, dents, and dings