

# 10 Signs That You or Your Loved One May Need Assistance

## Have You or Your Loved One:

1. Changed eating habits, resulting in losing weight, having no appetite, or missing meals?
2. Neglected personal hygiene, including wearing dirty clothes and having body odor, bad breath, neglected nails and teeth, or sores on the skin?
3. Neglected their home, with a noticeable change in cleanliness and sanitation?
4. Exhibited inappropriate behavior, such as being unusually loud, quiet, paranoid, or agitated, or making phone calls at all hours?
5. Changed relationship patterns, causing friends and neighbors to express concerns?
6. Had physical problems, such as burns or injury marks, which may result from general weakness, forgetfulness, or misuse of alcohol or prescribed medications?
7. Decreased or stopped participating in activities that were once important to them, such as bridge or a book club, dining with friends, or attending religious services?
8. Exhibited forgetfulness, resulting in unopened mail, piling of newspapers, not filling their prescriptions, or missing appointments?
9. Mishandled finances, such as not paying bills, losing money, paying bills twice or more, or hiding money?
10. Made unusual purchases, such as buying more than one subscription to the same magazine, entering an unusually large number of contests, or increasing purchases from television advertisements?