TELL TALE SIGNS FOR SENIOR'S THAT CARE MAY BE NEEDED

Any items identified on this checklist may be signs your loved ones need extra care and support...

HOME TASKS

Everyday simple tasks becoming more difficult such as:

- ☐ Cleaning the house, kitchen, dirty dishes, bathrooms, washing clothes
- ☐ Maintaining the garden or mowing the lawn
- ☐ Paying bills resulting in overdue debts

RELUCTANCE TO LEAVE THE HOUSE

Seniors not wanting to leave their home can demonstrate signs of:

- ☐ Poor memory, repeating themselves
- ☐ Trouble walking
- ☐ Isolating themselves from their community and friends

If left unresolved, this isolation can lead to loneliness and depression, as well as malnutrition and other health issues.

LOSING INTEREST IN PREPARING OR EATING MEALS

Seniors that suddenly find themselves alone tend not to eat properly, the signs:

- ☐ Excessive weight loss, clothes are much looser
- ☐ Lack of energy to cook, overwhelmed by cooking
- ☐ Improper food selection in the house
- ☐ Expired food in the fridge/freezer

An ageing person may eat enough calories to survive but may suffer nutritionally from increased cholesterol or low vitamin intake that may lead to health issues and falls.

DECLINING PERSONAL HYGIENE

Changes in appearance are the most obvious signs that some assistance is needed being:

- ☐ Unkept hair and body odour, unshaven faces
- ☐ Wearing the same clothes for days or clothes not suitable for the weather conditions
- ☐ Continence issues

These changes may occur because doing the laundry or getting in and out of the shower has become too physically challenging.

TELL TALE SIGNS FOR SENIOR'S THAT CARE MAY BE NEEDED

DECLINING DRIVING SKILLS

Look for these tell tail signs:

- ☐ Small dents and scratches on their car
- ☐ Inability to merge in traffic
- ☐ Not looking when reversing
- ☐ Driving the wrong speed, too fast or too slow
- ☐ Slow reaction times, riding the brake
- ☐ Multiple near misses, failing to see potential risks or hazards

SYMPTOMS OF DEPRESSION

Depression causes marked changes in behaviour and one's daily routine over time. Many seniors who have increased health problems feel isolated or like prisoners in their own home, signs maybe:

- ☐ **Behaviour:** Not going out any more, unable to focus, unsocial
- ☐ **Feelings:** Overwhelmed, Irritable, sad, anxious about events
- ☐ **Thoughts:** Speaking negatively all the time, not confident
- ☐ **Physical:** Tired, exhausted, disappointed, not wanting to get dressed

MEMORY LOSS SIGNS

Memory loss can be slow and unnoticeable over time be aware of the signs:

- ☐ Burnt pots and pans, stoves left on
- ☐ Medication errors
- ☐ Reminders for general activities and daily routine events
- ☐ Difficultly completing simple tasks, slight confusion
- ☐ Stopping in the middle of a sentence, unable to remember the sentence
- ☐ Unable to re-trace their steps
- ☐ Getting lost when driving

This may be a sign of short-term memory loss or even the onset of Alzheimer's disease. Besides the danger of falls, fire and medication errors are probably one of the greatest safety concerns families of older relative's face.

WE CAN HELP YOU FIND A SOLUTION!

For a free assessment or further information please contact our team at Futurecare an Approved Homecare Service provider today on 1300 765 051 or visit www.glenvalevillas.com.au and find out what support options are available for you and your family.