



☀️ 10 Signs: It Might Be Time for Extra Care

If you're beginning to worry about your parent's well-being, this quick checklist can help you spot the signs that more support may be needed.

🛒 1. Daily Tasks Are Wearing Them Out

- ☐ Are everyday routines like getting dressed, preparing meals, or doing laundry starting to feel overwhelming for them? **Fatigue from basic tasks** can be a subtle early warning.

🏠 2. The Home Feels Different

- ☐ Is their living space looking messier than usual—more clutter, dirty dishes, laundry piling up? **A decline in cleanliness or organization** can be a red flag.

💧 3. Changes in Personal Appearance or Hygiene

- ☐ Are they skipping showers, wearing the same clothes, or forgetting basic grooming? This could indicate **mobility issues, memory lapses, or even depression**.

🧑 4. Mobility or Balance Issues

- ☐ Have they had a recent fall, a close call, or started shuffling when they walk? Look for **unexplained bruises or minor injuries**—they may downplay them, but they can signal more serious concerns.

🍴 5. Poor Nutrition or Eating Habits

- ☐ Are they eating less, losing weight, or relying on snacks and microwave meals? Check for **expired food, empty fridges, or scorched pots**—these may suggest they've stopped cooking altogether.

6. Social Withdrawal

- ☐ Are they spending more time alone or avoiding social activities they once enjoyed?

Loss of a driver's license or mobility can contribute to isolation and lead to deeper feelings of loneliness.

7. Medication Confusion

- ☐ Are prescriptions going unfilled or pills being skipped, doubled, or mixed up?

Medication mismanagement is often unnoticed—but it can carry serious health risks.

8. Noticeable Weight Changes

- ☐ Have you observed sudden weight loss or gain? This could be due to **appetite changes, difficulty cooking, emotional stress, or medical issues** like dementia.

9. Memory and Financial Lapses

- ☐ Are bills going unpaid, appointments missed, or important documents misplaced?

These may be signs of **cognitive changes** that make daily independence more difficult.

10. Mood Swings or Behavioral Shifts

- ☐ Do they seem unusually withdrawn, irritable, or less engaged in conversation? These shifts may relate to **mental health, medication side effects, or early signs of dementia**.

Bonus: Be Alert to Possible Abuse or Neglect

Look out for unexplained injuries, fearfulness, or behavior changes that seem out of character. If something feels off, **trust your instincts** and look further into the situation.

If any of these signs resonate with you, I invite you to reach out. Let's talk about what you're seeing and whether there may be resources or support systems that can help—because you're not in this alone.