



*Central Plains Area Agency on Aging*

## 10 Warning Signs a Loved One May Need Help

Changed eating habits within the last year resulting in weight loss, having no appetite, or missed meals

Neglected personal hygiene resulting in wearing dirty clothes, body odor, bad breath, neglected nails and teeth, sores on the skin?

Neglected home so it no longer appears clean or as sanitary you remember from years past?

Exhibited inappropriate behavior by being unusually loud or quiet, paranoid, agitated, making phone calls at all hours?

Changed relationship patterns such that friends and neighbors have expressed concerns?

Physical problems such as burns or injury marks resulting from general weakness, forgetfulness, or possible misuse of alcohol or prescribed medications?

Decreased or stopped participating in activities that were previously important to them such as bridge or a book club, dining with friends, or attending religious services?

Exhibited forgetfulness resulting in unopened mail, piling newspapers, not filling their prescriptions, or missed appointments?

Mishandled finances such as not paying bills, losing money, paying bills twice or more, or hiding money?

Unusual purchases such as buying more than one magazine subscription of the same magazine, entered an unusual amount of contests, increased usage of purchasing from television advertisements?

If observations lead to concerns, help may be needed. Friendly staff at CPAAA can provide options and help guide you to find the resources you need. Call 1-855-200-2372 for assistance.

