

10 KEY CHANGES IN YOUR *Loved* ONE

A family member or close friend typically first notices a change in a loved one's behavior, but it can be difficult to determine the significance of each change. Here are 10 key changes to look for:

- 1 The inside of the house is unclean and housekeeping skills have declined.
- 2 You notice general maintenance of the house has been neglected.
- 3 You find many expired foods in the refrigerator and/or the cupboards may be empty.
- 4 You notice a dent in the vehicle that they have never mentioned to you.
- 5 When reviewing financials or the checkbook, you may notice that things are out of order or not adding up—and you may see stacks of mail or unpaid bills lying around.
- 6 You see multiple bottles of medication throughout the house, with indication that it has become difficult for your loved one to keep them straight.
- 7 Your loved one seems agitated and you notice drastic mood swings.
- 8 Your loved one seems withdrawn and not his/her usual self.
- 9 Your loved one cannot remember recent conversations or events, and repeats him/herself often.
- 10 Personal hygiene seems poor—you may notice body odor, clothes may appear and smell dirty, and your loved one might be in need of a haircut or shave.