



Do you wonder what is happening?

It can be very hard to know when someone close to you is struggling with memory loss. They may just seem a bit more forgetful or be able to almost explain their reasons for forgetting. There are ways to diagnose why people forget and treatment may be possible.

If you worry about someone with memory problems, check the ones below that apply:

- Unopened mail and bills piling up
- Uneaten or spoiled food; limited food on hand
- Recent falls
- Scorched pots
- Missed appointments
- Repeated calling at odd hours or on the same subject
- Forgetting to take, taking too much, or mixing up medications
- Social withdrawal
- Depleting financial resources
- Increasing mistrust of family or friends
- Overdependence on "helpful" strangers
- Not behaving like "themselves"
- Problems following directions
- Unable to recall participating in recent events or meetings
- Getting lost when driving to previously familiar locations
- Changes in grooming or hygiene

If you have noticed any of these changes in behavior or living conditions, in someone you know, feel free to contact us on the next step.

Elder Options, Inc.

Honoring the wish to stay at home

Since 1988

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