



CARE MANAGED  
HOME CARE

## Memory Issues



### ***Do you wonder what is happening***

It can be 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. It helps with diagnosing the problem if there's a behavior that's different.

#### **Check off any of the items below that you notice happening and are concerned about:**

- 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
- Trouble sleeping or days and nights mixed up
- Increased agitation

If you have noticed any of these changes in behavior or living conditions in someone you know, talk to the doctor and take this list with you to the appointment.

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