

# Warning Signs

A senior may need help at home

The following is a basic list of signs that indicate an individual may be a candidate for personal care and support home care services. If someone you know has any of the below indications, he or she might benefit from our services. For a complete assessment, visit [www.independentlivingassessment.com](http://www.independentlivingassessment.com).



- Recent hospitalization or injury
- Complicated medical issues or medications
- Missing appointments
- Dirty house or clutter piling up (including laundry)
- Spoiled food in fridge or expired food in cabinets
- Stacks of unopened mail or overflowing mailbox
- Late payment notices or mishaps with banking account(s)
- Decreased participation in activities outside the home
- Loss of interest in normal activities or hobbies
- Comments of sadness or loneliness
- Unexplained bruising or potential fall hazards prevalent in the home
- Difficulty walking or balancing
- Infrequent bathing, showering or grooming
- Poor diet or decreased weight
- Unexplained dents or scratches on vehicle or a recent accident
- Changes in mood or extreme mood swings
- Forgetfulness, confusion or memory loss
- Overweight or underweight pets
- Decreased ability to keep up with chores, shopping, cooking, etc.

At Interim HealthCare® we know how important it is to keep people living comfortably and independently in their homes as long as possible. From simple companionship to 24/7 in-home care, we have experience keeping people safe, where they want to be – at home. Visit us online at [www.InterimHealthCare.com](http://www.InterimHealthCare.com) for more information on our home care services or to view our interactive “Hidden Hazards House” for tips on making a home safer.

**Interim**  
HEALTHCARE®  
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