

## THE TOP 10 CHANGES

1. The inside of their house is unclean and housekeeping skills have declined.
2. You notice general maintenance of their house has been neglected.
3. You find many expired foods in their refrigerator and/or their cupboards may be empty.
4. You notice a dent in your Dad or Mom's vehicle that he/she never mentioned to you.
5. You may notice when reviewing financials and/or the checkbook that things may be out of order and not adding up, along with stacks of mail or unpaid bills lying around.
6. You see multiple bottles of medication throughout the house so you should ask Dad or Mom how he/she is keeping all of them straight.
7. Dad or Mom seems agitated and you notice drastic mood swings while visiting.
8. Your Dad or Mom seems withdrawn and is not his/her usual happy self especially this time of year.
9. Dad or Mom cannot remember recent conversations or events and he/she repeats themselves often.
10. Personal hygiene seems poor, for example: body odor, clothes appear/smell dirty, and perhaps they are in need of a haircut and/or shave.