

Know the warning signs:

When to consider extra caregiver support.



As a friend or family member, it is important to recognize when a loved one might need extra help. If you see changes in their behavior or routine, or things just don't seem right, follow your instincts and look for these warning signs:

- Poor grooming, such as stains on clothes and infrequent bathing
- Sudden mood changes or easily becoming angry, suspicious or paranoid
- Reluctant or resistant to spending time with others
- Depression
- Poor or decreased judgment, such as stove burners left on or doors unlocked
- Mishandling finances or not paying bills
- Not taking medication or using an incorrect dose
- Loss of initiative or lack of interest in normal activities
- Increased forgetfulness or confusion, such as missed doctor appointments or skipping family events
- Changes in eating habits and less interest in nutritious meals
- Difficulty walking, unsteadiness or frequent falls

If you have questions about caregiver support, Solutions for Caregivers can help. We're here to provide you and your loved one with the support and information you both need.

Solutions for Caregivers is designed to provide the support caregivers need, and help alleviate the financial and emotional costs of caregiving. Our experienced nurses visit your loved one, provide an objective assessment of the situation, develop a care plan and discuss recommendations with the whole family. We can also help with decision making around alternate living arrangements like assisted living or nursing home care. Or, for those dealing with advanced illnesses and end-of-life situations, we can provide recommendations for palliative and hospice care. Solutions for Caregivers can help you and your loved one, so you can enjoy your time with them.

For more information on Solutions for Caregivers:



Call **1-877-765-4473**, TTY 711
24 hours a day, 7 days a week

Solutions for Caregivers assists in coordinating community and in-home resources. The final decision about your care arrangements must be made by you. In addition, the quality of a particular provider must be solely determined and monitored by you. Information provided to you about a particular provider does not imply and is in no way an endorsement of that particular provider by Solutions for Caregivers. The information on and the selection of a particular provider has been supplied by the provider and is subject to change without written consent of Solutions for Caregivers.