

# Act On the Signs



Noticing small changes early can make a big difference. This checklist is here to guide you through some of the common signs that may indicate extra support is needed, helping you feel more confident in recognising when it might be time to take the next step. If you or someone you love have noticed several of these signs, it could be a good time to explore some extra support at home.

## Food & Drink

- Are they eating balanced meals every day?
- Are they keeping up their appetite?
- Are foods fresh and in date?
- Can they eat and drink without difficulty?
- Are they drinking enough fluids?
- Can they prepare meals and snacks themselves?

## Personal Care

- Are teeth brushed twice daily?
- Are they bathing or showering regularly?
- Are clothes clean and presentable?
- Are nails trimmed and clean?
- Is laundry done regularly?
- Is facial hair and grooming maintained?
- Are they steady on their feet?
- Can they use the toilet independently?

## Cognitive & Behavioural Changes

- Are they becoming more forgetful than usual?
- Are they repeating questions or forgetting recent events?
- Are they confused about times, dates or familiar places?
- Are they finding it harder to follow conversations or instructions?
- Are they making decisions that seem unusual or risky?
- Have you noticed changes in their mood or personality?
- Do they seem more withdrawn, anxious or irritable?

## Home Cleanliness

- Is food stored correctly?
- Is the kitchen clean?
- Is the bathroom clean?
- Is the bedroom tidy?
- Is the home free from dust, mould, or dirt?
- Are dishes being left unwashed?
- Is bedding changed regularly?

## Health

- Are they maintaining a healthy weight?
- Are they feeling generally well?
- Are medications being taken as prescribed?
- Are they free from pain and discomfort?
- Can they breathe comfortably?
- Are they sleeping well?
- Are they steady on their feet?

## Mobility

- Are they moving slower than usual?
- Do they find it difficult to get up from chairs or beds?
- Are they relying on furniture or walls to move around?
- Do they seem hesitant on stairs or uneven surfaces?
- Have they had any recent falls or near misses?
- Are everyday tasks becoming more difficult?
- Are they struggling with grip or strength?

## Life Admin

- Are mail and bills being managed?
- Are missed calls returned?
- Can they find essential items like keys or bank cards?
- Are appointments, social events, and community groups kept track of?

## Scam & Safety Awareness

- Are they alert to unknown visitors at the door?
- Are they cautious with suspicious calls, emails, or letters?
- Have they shared personal or financial information recently?
- Are they able to recognise common scams or warning signs?

## Safety

- Are hallways and rooms free from trip hazards?
- Are stairs and key rooms well-lit?
- Are appliances working properly?
- Are the doors being locked?
- Can they safely get in and out of the bath or shower?