

Holiday Check-In

Pay attention to changes related to
MOVEMENT, COGNITION, & MOOD
in older adults in your life.

DO YOU NOTICE ANY OF THESE HAPPENING?

☐ Someone else answers questions
on behalf of another

☐ Repeating (*themselves/you*) without
adding to the conversation

☐ Using fewer words

☐ Reactions don't match the context

☐ Mood changes / Lack of interest

☐ Shuffling of feet / Change in gait

☐ Balance issues

☐ Food uneaten / Expiring

☐ New/more pill bottles, pills left in
organizer or laying around

If you are noticing a few or more of these, it may be time to see a doctor. Some of these can be symptoms of:

- ☐ Memory Loss
- ☐ Vision Changes
- ☐ UTI
- ☐ Mental Health Changes
- ☐ Hearing Impairment
- ☐ Malnutrition
- ☐ Fall Risk
- ☐ Sickness / Illness

Some are preventable and treatable, some may be a more serious chronic condition. Talk with a doctor to get the appropriate treatment that your loved one needs.