

FREE FAMILY RESOURCE

Signs Mom Should Not Live Alone

Common warning signs that living alone may no longer be safe.

Safety Changes

- ☐ Falls or near-falls
- ☐ Unexplained bruises or injuries
- ☐ Leaving stove, water, or doors unsafe
- ☐ Trouble calling for help

Daily Living

- ☐ Weight loss or spoiled food
- ☐ Poor hygiene or same clothes daily
- ☐ Missed medications or appointments
- ☐ Mail, bills, or home upkeep neglected

Memory Concerns

- ☐ Repeating questions often
- ☐ Getting lost or confused
- ☐ Paranoia, hiding items, or accusations
- ☐ Unsafe decisions with money or strangers

Family Signals

- ☐ Family constantly worried
- ☐ One caregiver is overwhelmed
- ☐ Frequent emergency calls
- ☐ No realistic backup plan

Free local senior care guidance for families

Questions about home care, assisted living, memory care, or care transitions? Contact Dave Hood at 508-965-0989 | caregiverbinder.net

Educational resource only. Not medical, legal, financial, or emergency advice.