

Medications

- Pills scattered on floor or counter
- Outdated medications still being taken
- Missed or overtaken pills
- Difficulty refilling prescriptions
- Difficulty opening pill bottles

Personality Changes*

- Not paying bills / bills paid late
- Less social
- More forgetful
- Calling at odd times of the day
- Paranoid
- Changes in sleeping habits
- Gets lost while driving
- Missing appointments
- Stopped attending routine outings such as church or club meetings

*Note if behaviors are different from normal routine

Scam Prevention Tips

Safeguard your telephone number from strangers.

If someone calls asking for personal information (from an unfamiliar company), hang up the phone.

Do not provide credit card information over the phone unless you contacted the company directly.

Never provide more than just the last four digits of your social security number.

Never pay for work before it is done.

Be aware of anyone offering door-to-door roof, driveway or home repairs. Ask someone you know for advice.



Coordinated Services Management, Inc.
Professional Management of Retirement Communities Since 1981



Are You or Someone You Love Aging?

Let Us Help!




**POTOMAC
PLACE**

703-494-3817

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www.potomacplace.com

It is not always easy to ask for information or help when it is needed. This checklist will help you determine how much you or your loved one is aging. If you notice any changes in lifestyle or abilities, it may be time to look for more answers and assistance.

The Potomac Place admissions staff is available to offer advice, help or suggestions for any of your concerns.



Christina Wise



Jennifer Harrison

Give us a call today at 703-494-3817 for more information. Our senior living professionals are here to help you!

Living Area

- Un-watered or dead plants
- Dirty, worn areas on top of chairs from dragging hand for stability
- Area not in normal condition (dirty, cluttered, etc.)
- Hoarding (new development)
- Urine accidents on furniture
- Sleeping on sofa or chair instead of in the bed (new development)

Bedroom*

- Sheets not changed
- Dirty clothes on the floor
- Clothes worn are “out of season”
- Clean clothes not put away

*Note if behaviors are different from normal routine

Kitchen

- Expired food in the refrigerator
- Uncovered food
- Dirty dishes in the sink
- Trash build up around trash can
- No food in the refrigerator or cabinets or many duplicates
- Change from normal upkeep in kitchen area

Bathrooms

- Bathroom is not kept in normal condition
- Noticeable accidents around toilet
- Towels not being used
- Decline in personal hygiene