



SIGNS YOUR AGING LOVED ONE MIGHT NEED HELP

IS IT TIME TO REVIEW THEIR
CURRENT LIVING SITUATION?

Masonicare
An Ageless Commitment to Caring

The Masonicare HelpLine at 888-679-9997 • info@Masonicare.org • www.Masonicare.org



SIGNS TO LOOK FOR

There are many indicators (or “red flags”) to suggest a senior may need additional support. Remember, being proactive is the first step in ensuring your loved one’s safety and independence.

Observable changes in appearance

Such as weight loss or gain, dishevelment, body odor, soiled clothes, not wearing or misplacing dentures, hearing aids or glasses.

Changes in health

Slow or complicated recoveries, progressing chronic conditions.

Recurrent hospitalizations

Frequent trips to the emergency room or medi-centers.

Changes in cognition

Repeating, forgetting appointments, not paying bills, losing things, making odd statements and connections.

Changes in emotional well being

Depressed, anxious, fearful or fatigued.

Recent car accidents

Dents, scratches, dead batteries.

Difficulty with personal care

Activities of daily living (ADLs) start to decline bathing, dressing, hygiene, cooking, cleaning, finances, laundry, bed-making.

Social isolation

Not leaving the house, not going to church, no social outings, not making phone calls or returning calls.

No viable plan for emergencies

Weather emergencies or other emergency situations.

Change in interior home cleanliness

Clutter and hoarding of items.

Mail / bills in disarray

Unpaid bills, atypical contributions (*unknown charities, dollar amount higher or more frequent donations*), bills for odd purchases, change in spending patterns, mail pile up.

Changes in driving ability or behavior

Tense, distractibility, missing stop signs, tickets.

Changes in food handling & consumption

Expired foods, no/uneaten food, food left out.

Increased alcohol consumption

Signs of fire

Charred counter tops, burnt pans, holes in clothes, fire extinguisher used or moved.

Neglect

Neglected plants, pets or spouse. Neglected exterior home and yard — seasonal items not put away, weeds, overgrown pathways into the home.

Changes in availability of caregivers or support systems



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THE SIGNS YOU SEE

PERSONAL CARE CHECKLIST

Gerontologists, social workers and care managers often use two scales to measure a person's ability to live independently. These are simple assessment tools to help determine your or a loved one's need for care.

Instrumental Activities of Daily Living (IADLs)

If a person is able to perform these activities on a routine basis without assistance, he or she should be able to live independently. The more frequently, however, "Sometimes" and "Rarely" are checked, the more help the person needs.

	Rarely	Sometimes	Often
Grocery shopping	_____	_____	_____
Doing housework	_____	_____	_____
Preparing meals	_____	_____	_____
Managing money	_____	_____	_____
Paying bills	_____	_____	_____
Making a telephone call	_____	_____	_____
Driving/arranging transportation	_____	_____	_____

Activities of Daily Living (ADLs)

These activities describe personal care that is required on a daily basis. Persons with 3 or more "Sometimes" or "Rarely" should probably not be living alone.

	Rarely	Sometimes	Often
Dressing	_____	_____	_____
Moving around inside the home	_____	_____	_____
Bathing or showering	_____	_____	_____
Maintaining personal hygiene	_____	_____	_____
Taking medication correctly	_____	_____	_____
Getting in/out of bed or chair	_____	_____	_____
Eating	_____	_____	_____
Using the restroom	_____	_____	_____

We're here for you.

If you are concerned about your loved one, but unfamiliar with senior care and senior living options, please contact The Masonicare HelpLine.

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