

# Conference on Aging

## MENTAL HEALTH AND AGING

### How to Play Detective to Determine if Support Is Needed

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#### **Observe for changes in personal care**

- Changing clothes
- Evidence a shower has been taken
- Check finger and toenail hygiene/maintenance

#### **Look for changes in the environment**

- Toilets
- Trash
- Laundry
- Hoarding
- firearms

#### **Find out if medical needs are addressed**

- Count pills or check med minder box
- Are they making multiple appointments with different doctors

#### **Notice changes in mood or behaviors**

- Sleeping too much
- Eating too much or too little
- Easily irritated

#### **Smell for problems**

- Rotting food
- Hidden items
- Look in fridge
- Open drawers
- Bad breath
- Poor personal hygiene

#### **Listen for cognitive changes**

- Memory loss
- Poor judgement
- Safety concerns
- Forgetting important dates or appointments

Presenting Partner:



Supporting Partners:



Contributing Partners:

