



# ∞ Home for the Holidays ∞

Identifying Changes in your Loved One's Health and Behavior

We wish you and your family the best during this holiday season as you gather together, sharing precious memories and making new ones. As we prepare for the holidays at our communities and in our own families, we're reminded that holiday visits can also be a time of discovery for the loved ones of seniors.

We often hear from family members who noticed changes during their visits that they had not seen before or that were simply more obvious during a prolonged stay than in a brief visit or phone call. Most often, they want to know if what they're seeing is just holiday stress or a sign of a bigger concern.

To help you prepare for your holiday visits, we've put together a list of behaviors that could indicate a change in your loved one's health or care needs. While each person and situation is different, these are common signs that it may be time to consider senior living.

- Changes in bathing and personal hygiene
- Incorrectly taking medications (skipping, double doses, uncertainty about what to take)
- Decreased ability to perform simple tasks (leaving bills unpaid, difficulty problem-solving)
- Unusual lack of upkeep of house or property (unread mail, trash piled up, food left out)
- Signs of depression, including reduced interest in activities they once enjoyed
- Forgetfulness or difficulty coming up with names of loved ones or common words
- Withdrawal from social interactions and/or difficulty following conversations
- Changes in personality or behavior
- Unusual observations that have you scratching your head

If you're seeing any of these signs and have concerns, or if you have questions about how to talk to your loved one about the changes that he or she is experiencing, we're here to help.

**We are available seven days a week to discuss your family's needs and provide information and resources. Please don't hesitate to email us at [familyadvisor@belmontvillage.com](mailto:familyadvisor@belmontvillage.com) or call us at (844) 706-CARE.**

Wishing you a joyful holiday season,

Your Belmont Village Team