

Early Warning Signs of Losing Independence You Shouldn't Ignore



A Checklist to Help You or a Loved One Stay Independent at Home

Personal Hygiene & Appearance

- ☐ Wearing the same clothes multiple days in a row
- ☐ Staying in pajamas all day
- ☐ Not brushing teeth or grooming hair
- ☐ Noticeable body odour or unwashed appearance

Mobility & Strength

- ☐ Bruises or injuries with unclear causes
- ☐ Difficulty getting up from bed, chairs or floor
- ☐ Holding walls or furniture to walk
- ☐ Fatigue when carrying groceries or climbing stairs



Home Environment

- ☐ Spoiled or expired food in the fridge
- ☐ Clutter, piled mail, or unwashed dishes
- ☐ Unpaid bills or unopened letters

Nutrition & Medication

- ☐ Skipping meals or eating only toast/tea
- ☐ Significant weight loss or dehydration
- ☐ Forgetting to take medications
- ☐ Taking incorrect doses

Social & Cognitive Changes

- ☐ Withdrawing from friends or activities
- ☐ Confusion about time, location, or names
- ☐ Trouble following conversations
- ☐ Difficulty managing appointments or routines