

QUICK TIPS

What to Look for When Visiting Someone with Dementia Who is Living Alone

Below are some signs to watch for if you're concerned that someone may no longer be living safely on their own.

1. Environment

- Clutter or tripping hazards.
- Old spills, unwashed dishes, spoiled food, or strong odours.
- Misplaced items found in unusual locations.
- Unopened mail or overdue bills.

2. Personal Care and Appearance

- Changes in hygiene (e.g., wearing the same clothes repeatedly, noticeable body odour, or uncombed hair).
- Weight loss or gain, which may indicate poor nutrition or forgetting to eat.
- Unexplained bruises, cuts, or burns that could suggest falls or confusion with appliances.

3. Behaviour and Communication

- Increased confusion, agitation, or withdrawal.
- Repeating questions or forgetting recent conversations.
- Signs of paranoia, delusions, or unusual fearfulness.
- Difficulty managing day-to-day decisions or problem-solving.

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4. Physical and Cognitive Changes

- Trouble walking, balancing, or getting up from chairs.
- Changes in sleep patterns or signs of wandering, especially at night.
- Difficulty recognizing familiar people or surroundings.
- Missed or forgotten appointments.

5. Emotional Well-being

- Expressions of loneliness, sadness, or anxiety.
- Appearing overwhelmed or disoriented about the day or time.
- Loss of interest in hobbies, social visits, or previously enjoyed activities.

6. Safety and Daily Functioning

- Doors left unlocked or the stove left on.
- Missed medications or incorrect dosing.
- Forgotten household tasks, such as leaving water taps running or garbage uncollected.
- Signs of financial confusion, including overdue bills or vulnerability to scams.

If you notice some of these signs, continue to monitor the situation. When these concerns start to happen more often, it may be time to reach out for support.

At Dementia Solutions, we can provide a personalized assessment and guidance to help ensure your loved one's safety and well-being.