

HOW TO IDENTIFY OLDER ADULTS AT RISK IN 2021

LOOK FOR THE FOLLOWING:

- Older Adults with chronic health conditions
- Older Adults who are isolated, living alone, or disconnected to family, friends, and community due to COVID-19
- Older Adults living in closed living facilities due to COVID-19
- Older Adults who recently received a new health diagnosis
- Older Adults who are caregivers

OLDER ADULTS WHO DISPLAY/REPORT ANY OF THESE SYMPTOMS:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Irritability, restlessness, or having trouble sitting still
- Loss of interest in once pleasurable activities, including sex
- Decreased energy or fatigue
- Moving or talking more slowly
- Difficulty concentrating, remembering, making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Eating more or less than usual, usually with unplanned weight gain or loss
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease with treatment
- Frequent crying, expressed Fear of leaving the house
- Failing to keep routine appointments
- Expressed fear, anxiety, sadness, anger, or confusion due to COVID-19
- They received a new habit/life-style altering diagnosis

**IF YOU ENCOUNTER SOMEONE WHO MEETS ANY OF THESE DESCRIPTIONS CONTACT SENIOR LIFE SOLUTIONS!
CALL US, AT:**