THE TALK · PART 1 · FREE PRINTABLE

The Changes I'm Noticing

Like Lisa's notebook: a few lines each visit, with the date. Write down facts, not conclusions. And write down the good parts, too.

DATE	WHAT I NOTICED	WHERE

What the house can tell you

- The refrigerator: old food, the same meal over and over
- The mail: stacks, late notices, unpaid bills
- Medicines: pills still in the pill box
- The car: new scrapes or dents
- The stove: scorched pans, burners left on

Measure against their own normal

- What did they always do that they've stopped?
- Weight, grooming, sleep, mood
- Friends, church, the things they love
- Slow changes: keep watching and talk soon
- Share what you saw as facts, kindly

Some things can’t wait

Sudden confusion, over a day or two or even a few hours, needs medical attention right away. Call their doctor now. If you can’t get through, get them seen today, at urgent care or the emergency room. A fall with an injury, or signs of a stroke (a face that droops, an arm that’s suddenly weak, slurred speech): **call 911.**

General education for families, not medical, legal or financial advice.