

Osborn Home Care

Staying Ahead of Change - Knowing When to Make a Move

Changes in Personal Hygiene

- Not showering or bathing
- Dirty or food-stained clothes
- Wearing nightclothes during the day or the same outfit several days
- Forgetting to brush their teeth

Changes in Physical Appearance

- Weight loss
- Bruises
- Skin tears
- Nails in need of trim

Changes in Physical Abilities

- Sleeping more often or have less energy
- Notice a change in eating habits
- Difficulty walking, dressing, eating or bathing
- Having trouble cleaning or maintaining a household
- Falling more often or bruising more easily

Changes in Cognitive Abilities

- Not recognizing you or knowing your name
- Inability to communicate effectively
- Signs of confusion
- Overlooking things that pose a safety concern

Changes in Social/Emotional Behavior

- Expressing signs of being lonely or depressed
- Acting out in frustration or visibly stressed
- Showing less interest in things previously enjoyed
- Avoiding people and social interaction



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Signs of Caregiver Stress

- Worried about your loved one's safety
 - Angry that things are the way they are
 - Anxious about facing another day
 - Defensive about your loved one's condition and its effect on others
 - Embarrassed by your loved one's behavior
 - Exhausted because of ever-present concerns and sleepless nights
 - Frustrated that you can't do more or that you are missing out on life
 - Ill, either physically, emotionally or both
 - Irritable because nothing seems to go right
 - Uncomfortable caring for your loved one
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In Connecticut:

**Osborn Home Care
125 Mason Street
Greenwich, CT 06830
888-594-0957**

Osborn Home Care is a Connecticut licensed homemaker companion agency. CT license HCA.0000933

In New York:

**Osborn Home Care
1500 Theall Road
Rye, NY 10580
888-813-6782**

Osborn Home Care is a New York State licensed home care agency.



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