

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

## In New York:

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



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