




7 SIGNS OLDER ADULTS MAY BE EXPERIENCING LONELINESS

Is your senior loved one lonely? Older people are more vulnerable to feelings of loneliness and isolation, which can seriously impact their overall health and well-being. Understanding the signs and taking action early on will increase the likelihood that your loved one will be able to continue living independently at home. ❤️



At HomeCare Advocacy Network, we understand that time, distance, work and family obligations may limit the amount of time friends & family members can spend with older loved ones. We can help.

Learn more about how our professional caregivers can help your aging loved ones live happily and safely in their homes for as long as possible. 

1 Social withdrawal.

Do they seem disengaged? Have they lost interest in visiting with friends and neighbors? Have they stopped attending social events they once loved?

2 Lack of communication.

Do they repeat themselves or struggle to find the right words? Do they forget what they are saying mid-sentence?

3 Changes in sleep.

Do they have trouble falling or staying asleep? Do they wake up frequently during the night?

4 Changes in eating habits.

Have they lost or gained weight? Have they suddenly changed their eating habits?

5 Varying moods.

Have you noticed any recent changes in their attitude? Do they seem easily flustered or unusually sad?

6 Changes in appearance.

Do their clothes seem rumpled or unwashed? Is their hair unkempt? Have they gained or lost a noticeable amount of weight?

7 Memory loss.

Are they having difficulty remembering names of family and friends? Have they forgotten recent events? Do they seem confused or overwhelmed?



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