



Red Flags- Warning Signs an Older Adult May Need Help

A Visiting Program volunteer provides a social connection for individuals experiencing isolation. There are countless benefits to both the client and the volunteer when these connections are made. When a volunteer builds a relationship with their assigned client, sometimes it is beneficial to be reminded of what to look for to ensure the health and safety of our community members. Below we have included a list of situations or scenarios to be mindful of when you visit an older community member:

Change in eating habits – weight loss, appetite loss, or missed meals

Neglecting personal hygiene – clothing, body odor, oral health, nails, skin

Neglecting the home – change in tidiness &/or sanitation

Exhibiting inappropriate behavior – being unusually loud, quiet, paranoid or agitated

Changing relationship patterns – friends and neighbors express concern

Physical injuries – burns, bruises

No longer participating in activities that were once enjoyable

Exhibiting forgetfulness- unopened mail, newspaper piles, missed appointments.

Mishandling finances – not paying bills, losing or hiding money

Making unusual purchases – entering large number of contests, purchases

Source: U. S. Department of Health and Human Services

What to do next-

If you are faced with any of the above situations or scenarios, please contact the Volunteer Engagement Manager as soon as possible at 919-585-1499.

It is imperative that this information is given to the appropriate Federation staff representative in order to move forward with providing additional support and resources for the community member.