

ALC CHECKLIST



PHYSICAL

- Sudden change in weight
- Change in appetite
- Change in energy level (either lethargy or agitation)
- Change in sleep pattern
- Difficulty managing tasks that were previously managed, such as dressing and other day-to-day activities
- Changes in sight or hearing
- Changes in speech patterns (talking more or less, or not making sense)
- Bowel/bladder changes
- Skin changes such as sores, rashes, red spots, bruises
- Changes in ability to walk or get around
- Changes in physical stability

MENTAL

- Memory loss or confusion
- Inability to recognize familiar faces
- Unable to follow simple instructions
- Unusual mood changes (sad, depressed or angry)

SOCIAL

- Changes in family supports
- Death of a close friend or family member
- Refusal to attend activities that were previously attended on a regular basis (Remember to ask the client his/her reasons for refusing to attend before becoming concerned)
- Suddenly becomes suspicious or distrusting

ECONOMIC

- Inability or unwillingness to pay for essentials such as groceries, bills, etc.

Please report any changes in your clients immediately to the staff you work with or contact Volunteer Resources.