

Red Flags Form... Observe and Report Changes!

If you notice a change while delivering meals please circle the change and return this form to your site manager as soon as you can. **If it's an emergency call 9-1-1 and the Aging Office a.s.a.p.**

Participants Name: _____ Date: _____

Drivers Name: _____



- Seems different than usual, ***confused or disoriented***
- Talks or ***communicates less or isn't making sense.***
- ***Pain***- new or worsening. Joints warm, red & swollen.
- Complains of ***dizziness***
- ***Eating less*** or change in eating habits, nauseated
- ***Urination or bowel habit changes***/Stomach Pain
- Looks ***dehydrated*** or like they ***lost a lot of weight***
- Looks bloated, swollen or like ***gained a lot of weight***
- ***Agitated, nervous or scared*** more than usual
- ***Tired, weak, lethargic*** or drowsy
- ***Change in skin*** color skin rash, hives, or sores on skin
- Needs more ***help with walking, transferring,*** etc...
- ***Seems weaker or frailer*** than usual
- Complains of ***headaches***
- Complains of ***blurry or fuzzy vision***
- Change in ***personal appearance,*** not bathing/
Neglecting home cleanliness and sanitation
- Displaying ***inappropriate behavior***
- Seems ***depressed, isolated, hopeless*** and withdrawn
- Noticed ***cuts or bruises*** (where: _____)
- Complains of ***recent fall(s)*** or Afraid of falling
- Seems ***more forgetful and confused***
- ***Swallowing problems***/Choking/Feeling food is stuck
- Heartburn/***Irregular Heart beat/Chest Tightness***
- ***Fever or Chills***
- ***Shortness of breath***
- ***Numbness or tingling*** in the legs, feet or fingers
- Other: _____

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Remember that warning signs suggest risk, but do not represent diagnosis of any condition. The Nutrition Checklist is based on the warning signs described below. Use the word **DETERMINE** to remind you of the warning signs.

Disease

- Any disease, illness or chronic condition that causes you to change the way you eat, or makes it hard for you to eat, puts your nutritional health at risk. Memory issues are estimated to affect one out of five or more of older adults. This can make it hard to remember what, when or if you've eaten. Feeling sad or depressed, which happens to about one in eight older adults, can cause big changes in appetite, digestion, energy level, weight and well-being.

Eating Poorly

- Eating too little and eating too much both lead to poor health. Eating the same foods day after day or not eating fruit, vegetables and milk products daily will also cause poor nutritional health. One in five adults skips meals daily. Only 13% of adults eat the minimum amount of fruits and vegetables needed. One in four older adults drinks too much alcohol. Many health problems become worse if you drink more than one or two alcoholic beverages per day.

Tooth Loss/Mouth Pain

- A healthy mouth, teeth and gums are needed to eat. Missing, loose or rotten teeth or dentures that don't fit well or cause mouth sores make it hard to eat.

Economic Hardship

- As many as 40% of older Americans have incomes of less than \$11,000 per year. Having less--or choosing to spend less--than

\$25 to \$30 per week for food makes it very hard to get the foods you need to stay healthy.

Reduced Social Contact

- One-third of all older people live alone. Being with people daily has a positive effect on morale, well-being and eating.

Multiple Medicines

- Many older Americans must take medicines for health problems. Almost one half of older Americans take multiple medicines daily. Growing old may change the way we respond to drugs. The more medicines you take, the greater the chance for side effects such as increased or decreased appetite, change in taste, constipation, weakness, drowsiness, diarrhea, nausea and others. Vitamins or minerals when taken in large doses act like drugs and can cause harm. Alert your doctor to everything you take.

Involuntary Weight Loss/Gain

- Losing or gaining a lot of weight when you are not trying to do so is an important warning sign that must not be ignored. Being overweight or underweight also increases your chance of poor health.

Needs Assistance in Self Care

- Although most older adults are able to eat without assistance, one of every five has trouble walking, shopping, buying and cooking food, especially as they get older.

Elder Years Above Age 80

- Older people lead full and productive lives. But as age increases, risk of frailty and health problems increase. Checking your nutritional health regularly makes good sense.

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Warning Signs of a Heart Attack

- Can strike anyone, anywhere, anytime. When a heart attack occurs, there is no time for delay. The symptoms may vary but the 3 usual ones are:
 1. Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting for 2 minutes or more.
 2. Pain spreading to the shoulders, neck, jaw, arms or back.
 3. Lightheadedness, fainting, sweating, nausea, and/or shortness of breath.

These signs aren't always present. Many times a heart attack victim will experience some, but not all of these symptoms. And in some cases, the symptoms subside and then return.

Warning Signs of a Stroke:

- Signs of a stroke in progress often include sudden severe headache, vomiting, seizure activity, and stupor or coma. Onset is usually sudden and maximum intensity is reached within a few hours. Lesser grades of stroke may include some of these symptoms in lesser intensity.
 - Headache, dizziness, drowsiness or mental confusion
 - Sudden temporary weakness or numbness of the face, arm or leg.
 - Temporary difficulty or loss of speech or trouble understanding speech.
 - Sudden temporary dimness or loss of vision, particularly in one eye or an episode of double vision
 - Recent changes in personality or mental ability.

Transient Ischemic Attack (TIA)

- Warning signs may be brief and, when left untreated, can lead to a major stroke. The symptoms of light-headedness, feeling ill, numbness, or memory loss may last only a few seconds, but it is wise not to ignore them even if they go away. The fact the the symptoms have disappeared does not mean that there is no medical problem; neither does the fact that TIA symptoms may occur infrequently.
 - Transient numbness, tingling or weakness in one arm or leg or on one side of the face
 - Temporary blindness in one or both eyes
 - Temporary difficulty with speech.
 - Loss of strength in a limb
 - Unusual or explainable headache, dizziness, drowsiness, nausea, or vomiting. Abrupt personality changes and impaired judgment or forgetfulness.

Congestive Heart Failure

- Weakness, tiredness
- Cough
- Shortness of breath, especially after physical activity
- Difficulty breathing when lying flat
- Weight gain
- Swelling of ankles and feet
- Frequent urination at night
- Persistent coughing.

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High Blood Pressure

- Change in vision
- Chest pain
- Confusion
- Dizziness (blackout)
- Nausea and vomiting
- Nose bleeds
- Shortness of Breath

Kidney Disease

- Swelling of parts of the body, particularly around the eyes, ankles and wrists
- Low back pain, where the kidneys are located
- Burning sensation during urination
- Bloody or coffee colored urine
- High blood pressure
- Changes in the frequency of urination and/or in urine color.

Arthritis

- Redness, swelling or heat over a joint area
- Pain
- Stiffness after periods of rest
- Changes in the shape of a joint
- Aching at times of bad weather.
- Tiredness.

Gout

- Pain in the big toe
- Swollen joints
- Redness
- Tenderness.

Macular Degeneration

- Vision will be blurry or fuzzy
- Straight lines will appear wavy.
- Straight lines will be doubled or tripled
- Letters will appear jumbled.

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Seizures

A seizure is a sudden change in normal brain activity that makes a person act or move strangely.

Signs of a Seizure:

- Being less alert
- Acting oddly
- Making strange movements
- Having strange feelings

What to do for a person during a seizure:

DO:

- Do stay with the person
- Do keep calm
- Do move the person to a lying position
- Do turn the head and body to one side, if possible
- Do move things away that could hurt the person (sharp or hard objects, etc.)
- Do protect the person's head.
- Do loosen tight clothes or restraints

DON'T:

- Do not force the mouth open
- Do not put anything in the mouth.
- Do not try to stop the person's movements.

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10 Warning Signs that someone may need additional help

1. Changed eating habits, resulting in losing weight, having no appetite, or missing meals.
2. Neglected personal hygiene, including wearing dirty clothes and having body odor, bad breath, neglected nails and teeth, sores on the skin.
3. Neglected home, with a noticeable change in cleanliness and sanitation.
4. Exhibited inappropriate behavior, such as being unusually loud, quiet, paranoid, or agitated, or making phone calls at all hours.
5. Changed relationship patterns, causing friends and neighbors to express concerns.
6. Had physical problems, such as burns or injury marks, which may result from general weakness, forgetfulness, or misuse of alcohol or prescribed medications.
7. Decreased or stopped participating in activities that were once important to them, such as bridge or a book club, dining with friends, or attending religious services.
8. Exhibited forgetfulness, resulting in unopened mail, and piling of newspapers, not filling their prescriptions, or missing appointments.
9. Mishandling finances, such as not paying bills, losing money, paying bills twice or more, or hiding money.
10. Made unusual purchases, such as buying more than one subscription to the same magazine, entering an unusually large number of contests, or increasing purchases from television advertisements.