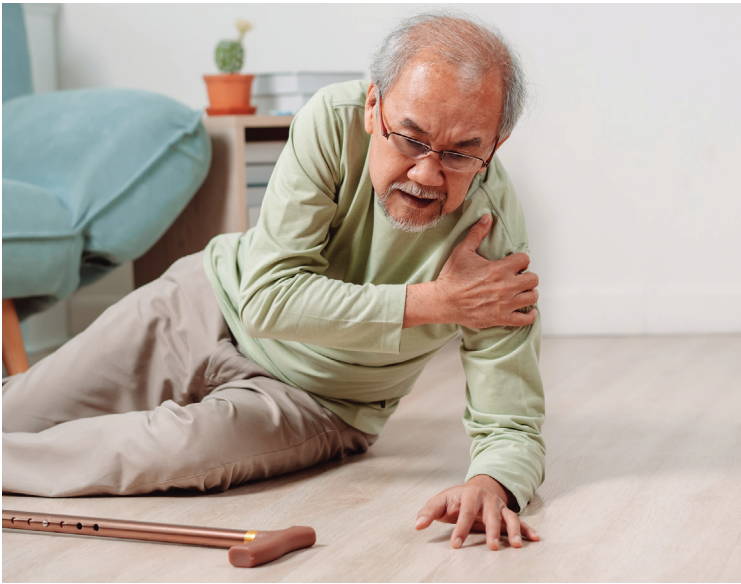


# Clumsy or Cognitive Decline?

Frequent or unexplained falls in older adults may be a sign of cognitive decline.



Research published in *Journal of the American Geriatrics Society* shows that **seniors with early signs of cognitive impairment** are twice as likely to fall compared to their cognitively healthy peers.

As memory, attention, and spatial awareness decline, so does the ability to navigate one's environment – even in familiar settings like their own homes.

That's why it's critical for healthcare professionals, social workers, and care providers to recognize when a fall is a **RED FLAG and not just an accident.**

**According to the CDC, falls are the leading cause of injury-related death among adults 65+, and cognitive decline is a key risk factor.**

## Common Warning Signs of Cognitive-Related Falls

This checklist can guide conversations with families and identify those who may need further evaluation.

- Frequent trips, stumbles, or unexplained bruises
- Difficulty following multi-step instructions
- Missed medications or repeating doses
- Becoming lost or confused in familiar places
- Poor judgment with walking aids or safety equipment
- Slow or unsteady walking with no clear physical reason
- Sudden weight loss, poor hygiene, or changes in appetite

## What You Can Do...

### ❖ Refer for Cognitive Screening

If a patient or resident has fallen and is also showing signs of memory loss or confusion, they may benefit from a formal evaluation.

### ❖ Partner with Home Care

Our caregivers are trained to support both mobility and memory challenges.

- ✓ Fall prevention through hands-on assistance
- ✓ Medication reminders and mealtime support
- ✓ Cognitive stimulation and structured routines
- ✓ Reporting subtle behavior changes to families or providers
- ✓ Companionship and supervision to reduce isolation and wandering

**Know someone who's fallen more than once – or has unexplained bruises, confusion, or forgetfulness?**  
Let's coordinate a care plan that addresses both the physical and cognitive factors before the next fall happens.

**Call today to schedule a cognitive-informed care consultation!**



Assisting Hands®  
Home Care

[www.assistinghandsdanapoint.com](http://www.assistinghandsdanapoint.com)

Serving South Orange County

**949-426-7300**

HCO# 304700345