

The Mail Never Lies

If paperwork is starting to pile up, it's not just clutter. It's a picture into how well a person's cognitive and life management abilities are functioning.

Managing mail requires...

- ▶ Decision-making
- ▶ Focus
- ▶ Memory
- ▶ Task completion



These are often the first functions to decline quietly, so it's important to pay attention to the signs.



What You See



What It Means

- Stacks of unopened mail
- Bills mixed with junk mail
- Late notices
- Papers in odd locations
- Partially written checks or bills
- Feeling overwhelmed or avoiding tasks
- Loss of prioritization skills
- Financial management breakdown
- Disorganization or cognitive drift
- Executive function fatigue

Home Care Helps

- ✓ Observing subtle changes in routine, behavior, and safety that others may miss.
- ✓ Supporting activities of daily living, such as meals, hygiene, and mobility.
- ✓ Noticing patterns of missed medications, poor nutrition, or confusion.
- ✓ Providing structure and consistency to reduce feeling overwhelmed.
- ✓ Serving as the eyes and ears for families who can't be there every day.



**If capacity is
changing, it's time
for an intervention!**

Let's talk about how we can step in early and simplify daily life before problems escalate.



Assisting Hands®
Home Care

Serving South Orange County

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