

Poor Personal Hygiene

- Unpleasant body odor
- [Infrequent showering](#) or bathing
- A strong smell of urine in the house or on clothing
- Noticeable decline in grooming habits and personal care (e.g. unkempt hair, untrimmed nails, lack of oral care, wearing dirty or stained clothing)

Neglecting Household Responsibilities

- Inability to independently complete [Instrumental ADLs](#)
- Little or no fresh, healthy food in the fridge
- Dirty house and/or [extreme clutter](#)
- Dirty laundry piling up
- Stains or wet spots on furniture or carpet
- Spoiled food that doesn't get thrown away
- Stacks of unopened mail or an overflowing mailbox
- Late payment notices, bounced checks and calls from bill collectors
- Utilities being turned off due to missed payments
- [Signs of unsafe driving](#) like unexplained dents and scratches on their car