

How to Avoid a Crisis

Be alert to signs of a possible crisis:

- Frequent falls or accidents
- Driving accidents or fender benders
- Sores that won't heal
- Severe behavior changes such as unusual suspicion, anger outbursts, crying
- Very aggressive or physically threatening behavior
- Frequent hospitalizations and worsening health problems
- Signs that your relative doesn't have bladder or bowel control
- Comments from friends, family or doctors that things seem worse

Ways to avoid the crisis:

- Recognize the signs of "burnout" in yourself (irritability, not sleeping, unwillingness to let anyone help, exhaustion, depression)
- Ask a friend how the situation looks from the outside
- Get a professional opinion of your relative's situation from a family doctor, VNA or geriatric assessment center
- Build a support system with family, friends, neighbors and professionals
- Develop a "Plan B" in case your relative's health gets worse. Current living arrangements may not suffice.
- Read our other tips and handouts for ways to keep your medical and financial matters organized.



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