

# When You First Notice Changes in a Parent

A calm starting point

## 1. Notice Patterns (not single incidents)

- Memory lapses are happening more often, not just occasionally
- Stories or questions are repeated in the same conversation
- Appointments, bills, or routines are being missed
- Mood, patience, or personality feels different than before
- Confusion increases during stress, illness, or fatigue

## 2. Write Down What You're Seeing

- Dates or general timeframes of changes
- Specific examples (what happened, not interpretations)
- Situations where things seem worse or better
- What your parent notices or acknowledges themselves

## 3. Check In With Yourself

- Feeling worried, uneasy, or unsure why
- Quietly compensating or covering for things
- Hesitating to raise concerns due to conflict or fear
- Taking on more responsibility than before

## 4. Decide What Doesn't Need Immediate Action

- No immediate safety risk
- Daily functioning mostly intact
- Support systems still in place
- Time and observation are reasonable next steps

## 5. Identify What Might Need Attention Soon

- Health or medication questions
- Driving or transportation concerns

- Missed appointments or financial confusion
- Increasing reliance on others
- Social withdrawal or isolation

## 6. Consider Who Should Be Involved

- A sibling or family member
- A healthcare professional
- A trusted friend or advisor
- No one yet — just more time and observation

## 7. Choose One Gentle Next Step

- Continue observing for a few weeks
- Have a calm, non-urgent conversation
- Book a routine medical appointment
- Share concerns with another family member
- Seek general information and support

Noticing change does not mean you are overreacting. It means you are paying attention. Clarity usually comes gradually, not all at once.