

Are you concerned about a loved one or suspect their mental health might be changing? It's normal to move at a slower pace as you get older, but a noticeable change in mood or memory could signal something more serious.



Take these steps to find out if your loved one might need help:

- ***Ask questions.*** Take initiative to ask your loved ones how they're feeling. Be supportive and listen attentively. Ask if they're feeling anxious or sad, or especially tired or stressed.
- ***Contact VerdeCares.*** We provide medication management services, and you can contact us to schedule a nurse visit.
- ***Talk to a pharmacist.*** If your friend/family member takes medication and is showing signs of fatigue, ask a pharmacist if the medication could be the cause. Some medication combinations can cause low energy/fatigue.
- ***Ask a doctor.*** Bring your concerns to your loved one's doctor. They know their medical history and the medications they're on and can recommend tests and specialists to determine the problem.
- ***Get an evaluation.*** Bring your loved one to a geriatric psychiatrist. They're trained to recognize and treat age-related mental illness.

