

# Stop and Watch

## Early Warning Tool

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If you have identified a change while caring for or visiting a consumer or family member, please report the change to your supervisor or the family doctor

<b>S</b>	Seems different than usual
<b>T</b>	Talks or communicates less
<b>O</b>	Overall needs more help
<b>P</b>	Pain – new or worsening; moans or grimaces ( <i>for non-verbal consumers</i> ), participated less in activities.
<b>a</b>	Ate less
<b>n</b>	No bowel movement in 3 days; or diarrhea
<b>d</b>	Drank less
<b>W</b>	Weight change
<b>A</b>	Agitated or nervous more than usual
<b>T</b>	Tired, weak, confused, or drowsy
<b>C</b>	Change in skin color or condition
<b>H</b>	Help with walking, transferring, toileting more than usual

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Physician

Phone Number

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Emergency Contact

Phone Number

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