



# Signs of Self-Neglect

**Self-Neglect can be when someone:**

- Does not keep themselves clean
- Does not look after themselves
- Drinks too much alcohol or takes drugs
- Does not take their medication
- Does not eat or eats too much
- Does not keep their home tidy - their home may be full of rubbish
- Does not ask for help when they need it

For more information visit [www.tsab.org.uk](http://www.tsab.org.uk)