MacIntyre
Providing support...your way

Self neglect





Self-neglect means not looking after yourself.
This can affect your:

- Health
- Safety
- Personal care
- Home



You might find it hard to:

- Eat and drink
- Wash and clean yourself
- Take your medication
- Go to appointments
- Keep yourself safe



You might find it hard to look after your home.
Your home might have:

- Lots of rubbish
- Dirty or broken things
- Food that has gone off
- Things that could hurt you



There can be lots of reasons.
You might:

- Feel worried or upset
- Feel overwhelmed
- Find things difficult
- Need more support
- Not realise that you need help

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Remember to talk to someone you trust like

- a friend
- a family member
- staff



This document was:

- Checked and signed by MacIntyre Advisors

- Made with photosymbols

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