
Signs Your Parent May Need In-Home Care

Knowing when and how to address an aging relative's future can be difficult. But there are signs that will show you when your loved one is struggling.

Use the following list to help identify their needs and safety:

Reviewing their living conditions:

- Is your loved one dressed for the day, or still in night clothes?
- Are there piles of dirty laundry in the house?
- Does it appear that your loved one is bathing regularly? Do you smell body odor?
- Does the house look clean and cared for, or does it look neglected?
- Does the home smell clean or can you detect rotten food or other unpleasant odors?
- Is there old or rotting food in the refrigerator and in the cabinets?
- Is there sufficient food in the house?

Asking them some questions:

- When did they last eat and what did they have?
- Did they prepare it or was it from a restaurant or neighbor?
- Can they tell you what their plans are for the day or week ?
- Can they tell you what they did yesterday?
- Are they able to schedule appointments and keep them on time?

Looking for changes in their social life or interests:

- Does your loved one meet with friends or groups regularly to socialize? If so, when was their last meeting? Who was there? What did they do?
- What are their interests and hobbies? Have those changed recently? Have they lost interest in doing them?

Assessing their driving abilities:

- If your family member drives, where do they go?
- How often do they take the car out?
- Do you notice any new scratches or dents in their car?
- Is there unexplained damage to the parking area?
- Has your loved one been in any accidents?
- Are you comfortable riding along while your loved one drives?

Noticing their physical safety:

- Has your loved one slipped, fallen, been hospitalized, or visited the ER regularly or frequently?
- Are they concerned about health problems?
- Do they have bruises they cannot explain?
- Is your loved one having difficulty getting up, sitting down, or performing basic household tasks?
- Are they able to walk and move about without losing balance?
- Do they remember to take medications as directed?
- Do they have a method for remembering when to take their pills?
- Can they afford their prescriptions? Do they get refilled as needed?

Reviewing their financial security:

- Is your loved one paying bills on time? Do they have a master list of all their monthly payments?
- Does your loved one pay bills mostly online, by check, or cash?
- Are there stacks of unopened mail and bills sitting around or in the mailbox?
- Are there signs of bounced checks, calls or letters from bill collectors, or late payment notices?
- Has your loved one been contacted by questionable people demanding payment or trying to gain personal information?

Determining their emotional and mental well-being

- What is the general mental state of your loved one?
- Have you noticed any changes in their energy or activity levels, or in their moods?
- Does your loved one express unusual feelings of sadness, excessive worry, loneliness, or hopelessness?

Beginning a conversation for the their future

- What are your loved one's long term plans for growing older?
- Is there a Will?
- Do they have a Durable Power of Attorney in place?
- Is there a Living Will?
- Do they have An Advanced Directive?
- Do they have a lawyer who could answer some of these questions?

Call for our free consultation if you find there are several concerns on the list.