



5 SIGNS YOUR LOVED ONE MIGHT NEED HELP

Admitting they need help isn't easy for most seniors. They want to remain in their homes for as long as possible, so they will likely downplay or try to hide any potential threats to their independence. Because it's unlikely they'll ask for help, it's important for loved ones to understand the signs that may indicate they need assistance. ❤️



If you suspect your aging loved one needs help at home, we can help. From light housekeeping and meal preparation and to personal and dementia care, our experienced care team will work with you to develop a customized care plan to meet your aging loved one's unique needs.



1 Struggling with activities of daily living

Help is usually needed if your senior has trouble bathing, grooming, dressing, toileting, eating, walking or transferring from one place to another - a chair or bed, for example.

2 Neglecting household chores

A disorganized or cluttered home is a common sign that your loved one needs assistance. Look for stacks of unopened mail, unpaid bills, spoiled food in the refrigerator, unfilled prescriptions, and stained furniture or carpet.

3 Changes in appearance

Unexplained weight loss can be a sign that your aging loved one has poor eating habits or has difficulty shopping for food and preparing nutritious meals. It should also be concerning if you notice they are wearing soiled clothing or have poor personal hygiene.

4 Changes in cognition, memory and judgement

Signs of dementia vary, but typical indicators include short term memory loss, lack of concentration, increased confusion, losing things, difficulty completing familiar tasks, language and speech problems, poor judgement, mood swings and withdrawing from family.

5 Changes in behavior

Your aging loved one might be suffering from depression if he/she lacks drive or motivation, loses interest in hobbies and activities, has difficulty keeping track of time, doesn't return calls from friends or family members, is easily agitated or has sleeps more than usual.

“A disorganized or cluttered home is a common sign...”

