



# Signs Your Aging Parent Needs Help

Determining the need for assistance in aging parents or relatives can be challenging. Some individuals may openly acknowledge their need for help, while others may hesitate to seek assistance due to concerns about burdening their loved ones or admitting their struggles. The best way to know is to ask them directly. If this is not feasible, ask yourself the following questions:

## Changes in the Home

1. Is the home abnormally dirty and cluttered?
2. Are there piles of unopened mail and bills?
3. Is there insufficient food in the refrigerator and pantry?
4. Are there signs that the stove has been left on too long?
5. Are the medications expired or do the pill boxes show signs of missed medications?

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If you are answering “Yes” to multiple questions above, it may be time to consider additional family or professional caregiving support. If you already know that your loved one is having difficulties with the Activities of Daily Living (ADLs) such as bathing, dressing, eating, toileting, and transferring, your loved one will most likely need meaningful caregiving support to live safely and independently at home.

## Changes in Your Loved One

1. Is the person’s hygiene poor or is the person wearing weather appropriate clothing?
2. Has the person gained or lost significant weight?
3. Does the person have bruises or any other signs of falling?
4. Is the person confused or showing signs of poor decision making?
5. Does the person become more easily agitated and irritated?

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If your loved one is also suffering from chronic health conditions such as heart disease, diabetes, or dementia and needs additional help with their medications, coordinating their medical care, and overall wellness support, it may be time to consider the help of a professional Geriatric Care Manager.



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