

Signs Your Parent Needs Care

Determining when an aging parent needs outside support involves observing changes in their physical, mental, and emotional well-being. Here are some signs to look for:



1. Physical Health Decline

- a. Frequent falls or balance issues
- b. Difficulty with mobility or walking
- c. Unexplained weight loss or gain
- d. Poor personal hygiene

2. Cognitive Changes

- a. Memory loss affecting daily life
- b. Confusion or disorientation
- c. Difficulty managing medications or finances

3. Emotional and Mental Health

- a. Increased depression or anxiety
- b. Mood swings or agitation
- c. Social withdrawal, loneliness, or isolation



4. Daily Living Challenges

- a. Difficulty performing household chores
- b. Neglecting home maintenance
- c. Difficulty with dressing or grooming
- d. Trouble preparing meals or changes in eating habits

5. Safety Concerns

- a. Unsafe driving or getting lost while driving
- b. Increased accidents or near-misses
- c. Leaving the stove on or forgetting to lock doors

6. Medical Needs

- a. Managing chronic conditions becomes challenging
- b. Frequent hospital visits or medical emergencies
- c. Inconsistent or improper use of medications

If you notice these signs, it might be time to consider options such as in-home care, adult day care, assisted living, or other support services. Contact ApexCare to schedule a detailed assessment of your loved one.



Contact Us!
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