

Worried your loved ones may need more care?

The following “objective measures” can help take the emotion out of a difficult decision and allow you to evaluate if your loved ones need additional assistance. Let the signs help you confirm if it’s no longer safe for an aging loved one to live alone.

Ten objective measures to evaluate Senior Care Needs:

1. APPEARANCE

Poor grooming or hygiene, like unwashed or uncombed hair and stained clothing, might mean a little assistance is needed.

2. ACTIVITIES

Watch for loss of interest in favorite pastimes. Giving up things that were once important may be a red flag.

3. MEDICATIONS

Be on the lookout for empty or expired medicine bottles, unfilled prescriptions or confusion about proper dosage and medication times.

4. FOOD

Check the fridge and cupboards. Look for food that’s old or spoiled - past due expiration dates or moldy leftovers and sour milk.

5. MOODS

Frequent bouts of irritability, moodiness, depression or fatigue are always symptoms worth discussing.

6. MOBILITY

To avoid the risk of falls and fractures, watch to see if your loved one is more unsteady when walking, has recently fallen or now has difficulty with stairs.

7. MAINTENANCE

Sloppy housekeeping or a neglected yard may reveal that your loved one isn’t faring as well at home alone anymore.

8. FINANCES

When unopened mail, unpaid bills and overdue notices stack up, it may raise concerns about how financial matters are being managed.

9. DRIVING

Don’t ignore near misses, fender benders, new dents or nicks. Request a ride to assess your loved one’s current driving skills.

10. FORGETFULNESS

It’s not just a natural part of aging when parents forget important appointments, repeat things constantly or frequently lose their sense of direction.

If one or more of these signs are concerning you, it may be time to discuss options for additional care. Senior Solutions can help determine if your loved one might be eligible for benefits to help pay for that care.