

the
forgotten
kettle
a sign your
ageing parent
needs help



You've started to notice the signs that an ageing parent needs help:

Dad can't find his medication, or Mum won't talk about that mysterious dent on the car, you even discover a kettle left boiling on the stove, when you pop in to see your parents. These are universal "something's not right" signs that remind us — no matter how much we try — we just can't be there for our ageing loved ones all the time.

We know every ageing experience is different, but do you recognise these signs your ageing parent needs help?

Top Ten Signs Your Ageing Parent Needs Help

1

The Missed Medication: Missed doses and medication mistakes (overdosing and running out of pills before the next prescription can be refilled) can lead to very serious medical complications. Older people often take multiple prescriptions for various health conditions, which can be overwhelming without assistance and reminders.



the mysterious dent

2

The Mysterious Dent: Look for evidence of parking or speeding tickets, fender-benders, dents and scratches on the senior's car as signs that driving skills may be deteriorating. Decreased ability to see, poor sense of direction, inability to merge into traffic, driving way under the speed limit and slow reaction time is a recipe for disaster when driving.

3

The Missed Doctor's Appointment: While this can be a symptom of increased forgetfulness, it is often simply a result of not having transportation and not knowing how to access transportation options on their own.

4

The Piling Mail: Seniors can become overwhelmed by the simple tasks going to the letterbox, opening and responding to daily mail, as well as paying bills and managing their finance particularly if their eye sight is deteriorating or if this was once the responsibility of a now-deceased spouse. This can result in overdue bills, bounced cheques, utilities being turned off due to lack of payment and other creditor issues.



the lost walker

5

The Lost Walker: Anyone who has memory problems and is still actively mobile may be at risk of wandering. Be on the lookout for the warning signs of dementia such as returns from regular walks later than usual, difficulty locating familiar places (such as the bathroom or bedroom), pacing or restless movement.

6

The Piles of Laundry: Changes in housekeeping may occur simply because it is too difficult or tiring. This is especially troubling if a parent used to keep the house neat and tidy or if a now-deceased spouse was responsible for these duties. From dirty laundry to dirty dishes, these everyday tasks may be too much to handle on their own.



the empty fridge

7

The Empty Fridge: Seniors who suddenly find themselves alone, who have become lonely over time or are easily overwhelmed by cooking, tend not to eat properly. Their fridge may be nearly empty, or packed with spoiled food. An older person may eat enough calories to get by, but may suffer nutritionally, including increasing cholesterol and lowering vitamin intake. Studies have found that poor diet can increase the risk of dementia in seniors and weaken the immune system.

8

The Torn Shower Curtain: Damage to bathroom fixtures such as shower curtains, loose towel bars or window sills could indicate your parent is using these items as support, a potential danger if they lose their balance.

9

The Unshaven Face: Changes in appearance are the most obvious sign that some assistance is needed. These signs can range from unkempt hair and body odour, to unshaven faces and wearing clothing that is unclean, unchanged for days or inappropriate for the weather. These changes may occur because doing the laundry or getting in and out of the shower has become too physically challenging. Many who live alone also fear slipping and falling in the shower with no one to help him or her get up.

10

You are worried: If you are worried about the health, safety and independence of your parents at home, it is for a reason. Many issues we face with age can be solved by providing parents with the support they need to maintain their independence. Talk to your local Home Instead Senior Care office; they can discuss your needs with you, guide, offer advice, and provide you with information and resources about the range of different care options within the community. They will also be able to explain the range of services provided by Home Instead Senior Care which can be implemented immediately without assessment.



We Offer Home Care Services That Can Help

Our quality In-home care focuses on helping seniors with the daily activities of living. These are tasks we all perform each day to stay healthy and engaged with life.

Companionship and Home Helper

- > Meal preparation
- > Medication Reminders
- > Accompany to doctor visits
- > Grocery shopping
- > Laundry and linens
- > Light housekeeping
- > Socialising

Personal Services

- > Bathing
- > Dressing
- > Incontinence Care
- > Mobility Assistance

Dementia Care

- > Managing behavioural symptoms
- > Encouraging engagement
- > Assist with activities of daily living
- > Keeping seniors safe

Transitional Care Services

- > Transportation
- > Prescription pick-up
- > Hospital discharge assistance

Respite Care

- > Supplemental support
- > Respite for family caregivers



You can't always be there. But we can.

At Home Instead Senior Care, we understand the struggle of caring for an ageing loved one. It's why we'll be there to offer everything from individualised help around the house to advanced dementia care—to keep them safe and sound at home, instead of anywhere else.