



You can't  
always be there,  
*but we can.*

### You've started to see the signs...

Dad can't find his keys, you've noticed a mysterious dent in Mum's car, you stop by the house and notice your ageing loved one has left the stove on,.

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.

## TOP TEN SIGNS: That Your Ageing Loved One Needs Help

### 1 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

### 2 A 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 Missed Doctor's Appointments:


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 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.

### 5 A 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.



## The forgotten kettle, a sign your ageing loved one or spouse may need *help*

### 7 An 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.

### 9 An 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.

### 6 Laundry Piling Up:

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.

### 8 A Misplaced Wheelie 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.

### 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 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 which can be implemented immediately without assessment.



# Enhancing the Lives of Ageing Adults and Their Families®



## Our Services

- **Personal Services**  
Help with bathing, dressing, mobility and more.
- **Companionship**  
Combat loneliness and isolation with regular visits.
- **Meal Prep and Home Helper**  
Preparation of nutritious meals, medication reminders and light housekeeping.
- **Transportation**  
Rides to medical appointments, prescription pickup, grocery shopping and more.
- **Dementia Care**  
Prioritising your safety and independence, and maintaining your highest quality of life.
- **Respite Care**  
Our respite care services are tailored to helping out your regular carer, offering you both some help when needed.
- **Care Management**  
We help you plan, navigate, coordinate and manage your care needs and services, we can simplify the process for you, and ensure you're getting all the care you need.



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