



## A Plan For Senior Care's Guide To Know When Your Loved One May Need Senior Care & Housing

Often, families are not sure when it is time to consider senior care and housing for their loved one. Use our informational guide to understanding some signs to be aware of. Our guide will help you determine if your senior is safe at home or if it may be time for senior care and housing. Speak with your family doctor and discuss what you see with your loved one. Please call us, and we can discuss your loved one's needs, safety concerns and determine what is appropriate at this time.

**AMBULATION-** Can the senior safely walk without assistance? Is the senior a fall risk?

**DIET-** Can the senior bring groceries in and prepare meals? Are the foods in the home fresh and not spoiled or expired? Is the senior eating three meals a day and drinking enough fluids?

**FINANCIAL MATTERS-** Can the senior still manage his/her finances and money related matters? Is the mail being picked up and are the bills being paid? Are there any concerns of financial abuse? Are credit cards, cash, or checking accounts being misused? Is there a sudden increase in mail order items, or is money being sent to solicitors?

**HEALTH-** Is there an increase in 911 calls or visits to the doctor? Have doctors, neighbors or family members expressed concerns about the senior? Do you see forgetfulness or more serious memory impairment?

**HOUSEHOLD CHORES-** Is the senior able to do routine housework? Is the house cared for, as it normally would have been? Are pets cared for or neglected?

**INCONTINENCE-** Can the senior still care for his/her toileting needs? Are accidents happening? Does he/ she need physical assistance, reminders, or incontinence care?

**MEDICATION MANAGEMENT-** Can the senior still manage to refill and to take his/her medication as prescribed? Is there expired medication around the house that the senior may get confused and take?

**PERSONAL HYGIENE-** Can the senior still bathe and is he/she not having issues with cleanliness? Is the senior able to dress and change his/her clothes daily? Are the clothes appropriate for the weather?

**SAFETY-** Is the senior putting himself/herself in danger? Some things to look for include leaving the stove on, getting lost away from home, fall risk, stairs in his/her house, falling in the bathroom, and being locked out of the home. Is there a fear of driving, driving skills diminished, or are there car accidents that have occurred?

**SOCIAL LIFE-** Has the senior's desire to go on outings and be with friends declined? Is the senior still using the telephone and keeping in contact with others?

***If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. We will be happy to create a personalized care plan for your loved one.***