

How to Tell if Your Elderly Family or Friends Need Help

It can be very difficult for elderly family or friends to admit that they need help, especially from someone younger than them or from one of their children.

Do you worry about your family's or elderly friend's health? The following questions will help you determine if it is time for your loved ones to make a change in their lifestyle.

1 Are your elderly family or friends safe at home?



Failure to navigate a stairway, inability to read medication directions, or unsteadiness on their feet, could be a sign of balance impairment and increased risk of falling. Falls are a major cause of serious injury among older adults. Improvements such as adding handrails to stairways or counting out medication in a dated pill box are only temporary solutions. It may be time to consider help through a home health service provider.

2 Can your elderly loved ones take care of themselves?



Pay close attention to your loved one's physical appearance. Failure to keep up with basic grooming or neglecting housework could be a sign of physical impairments, depression, or dementia. Make sure you also look for any changes to the tidiness and upkeep of the inside or outside of the home. If you notice these changes, it may be time consider personal assistance through a home health or home care service provider.

3 Are they happy and hopeful? Pay close attention to mood.



A significant change in overall mood could be a sign of depression or other health concerns. Make sure your family members are staying active and in contact with their friends. A personal assistant can help provide access to social activities, including help in coordinating transportation, which can improve the quality of life for seniors who might have difficulties connecting with friends.

4 Are they losing weight?



Weight loss can be a sign of difficulty shopping for food, cooking, malnutrition, loss of taste or smell, difficulty eating, depression, or dementia. A personal attendant, like those provided by home care companies, can help senior maintain their weight by providing nutritious meals daily. Another solution might include a food delivery program.

After asking yourself these questions, if you're concerned talk to your elderly family or friends directly and honestly. You might also consider contacting a doctor or home health company to find solutions to improve their safety and quality of life.

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