

# Does Mom Need Home Care?

The changes that come with ageing are not always easy. Independence is something that everyone enjoys, including seniors, but there comes a time when it becomes difficult to do some things. Seniors may ask for help when they notice an accumulation of things they struggle with. Sometimes they do not realize their needs and other times they do not want to burden anyone. Either way, it is important to understand the care needs of your loved one.

We have organized a list of warning signs that someone you know might need home care. One of the best ways to approach this is to think about how well they navigate their typical daily routine and take note of the following:



## Household Maintenance

- Home is unnaturally cluttered and has not been cleaned
- Lawn has not been mowed in a while or snow has not been cleared
- Other housework appears to be neglected



## Lifestyle

- Forgetting to turn off the oven, stove, lights and heat
- Leaving doors and windows of house and car unlocked
- Not doing laundry, waiting for a long time to do laundry and/or not folding and putting it away
- Finances are overdue and payments are made late
- Hesitation and/or unwillingness to drive places for errands



## Independence

- Unable to get out of bed and make their way around the house without much trouble
- Unable to climb stairs, get in/on and out/off of the shower, tub and/or toilet safely
- Difficulty managing medical equipment like oxygen devices



## Personal Health & Wellness

- Not planning, preparing and eating nutritious meals that meet dietary requirements and subsequently not maintaining a healthy body, with visible and unusual weight gain or loss
- Not taking the right dosage of their medications at the right time, which might be a result of them forgetting to or having no motivation to do so
- Not engaging in exercise and other physical fitness activities as recommended or even as they used to
- Not managing their health needs safely and effectively, including not attending appointments



## Social, Emotional & Mental Well Being

- Difficulty putting thoughts to words, experiencing confusion, difficulty making normal conversation and remembering things
- Not a lot of socializing with family, friends, neighbours and not attending activities as per usual
- Wandering out of the house without telling anyone where they are going

If you have concerns, bring them to the attention of a physician and consider additional care in the home. Contact CareGivers to learn more about our in-home care services.