



Am I in Denial? Signs Your Aging Parent May Need Help

It's tough to acknowledge that our aging parents may be failing. You may be torn between worrying and not wanting to overreact.

Has your loved one:

- Experienced a fall/falls? (Most times, when a fall comes to your attention it isn't the first one.) Or, had unexplained injuries and bruising?
- Decreased activity, withdrawn from social activities? Does he/she appear fearful of going out or participating in regular activities or exercise?
- Exhibited forgetfulness or memory loss? They may try to cover this up, but you might spot difficulties managing bills or regular tasks, repeating questions, forgetting words, or letting another person speak on their behalf.
- Neglected personal hygiene or household duties? Look for subtle signs in personal appearance and the home.
- Changed eating habits? Lost significant weight? Eating mainly snacks or convenience foods, eating less, hoarding items or keeping expired/spoiled food?
- Missed appointments or not filled prescriptions?
- Made unusual purchases or decisions that seem uncharacteristic/in bad judgment?
- Shown signs of depression and loneliness?

If you've noticed any of these warning signs, it's time to take action to prevent a crisis. It may not be easy, but it's the kind thing to do...for them and for you.

An independent evaluation can help you get a clear picture. Our geriatric care managers use a respectful and caring approach in their comprehensive assessment. You'll get customized recommendations to ensure healthy, happy aging.

Peace of mind for your family: contact us at 727-447-5845 to discuss your concerns.