

# Is It Time for Home Care?

## 6 Signs Your Senior Loved One Needs Help

### Cluttered home

Their once tidy house is now cluttered and possibly unsanitary. Mail is piled up or bills are unpaid, and they may be struggling with basic household chores.

Home care can help with light housekeeping, paperwork and organization and keeping your loved one safe and comfortable.



### Decline in personal hygiene

A visible decline in grooming habits and personal hygiene is a tell-tale sign that a senior is struggling to meet their own needs.

Home care can help by providing daily personal care such as bathing, dressing and oral hygiene.



### Difficulty with mobility

Is your loved one falling or tripping more often? Are they off balance or unsteady on their feet? Do they have unexplained bruises? There may be an issue with mobility.

Home care can help by assisting with routine movements, light activity and sitting, standing or walking.



### Decrease in activity

A decline in regular activities or hobbies, decreased desire or a lack of social connection could be a sign of physical challenges such as mobility or emotional issues like feeling lonely or isolated.

Home care can help by providing transportation to and from essential appointments, helping with regular exercise or providing conversation and companionship.



### Sudden weight loss

Unexpected and unexplained weight loss could be a sign of physical or mental health problems.

Home care can help with trips to the grocery store, preparing meals and ensuring proper nutrition.



### Medication concerns

Forgetting to take medications altogether, taking the wrong dosage or not filling necessary prescriptions is a concern as these can lead to serious health problems.

While caregivers cannot administer medication, home care can help by providing reminders and ensuring prescribed medications are being taken properly.



**To learn more about how home care can assist your aging loved one, visit [FirstLightHomeCare.com](https://www.FirstLightHomeCare.com).**

Sources: APlaceForMom.com, AgingCare.com, USNews.com

