

How to Notice There's A Problem With Your Aging Parents

Since a health crisis in the elderly can escalate quickly and catch everyone involved off guard, it's important to not ignore signs that something may be wrong. Ideally, families will have conversations with their children or loved ones about getting their affairs in order and end of life care well in advance of having any issues, but here are some signs to be cognizant of when visiting aging loved ones for the holidays:

1. **House and yard need care / maintenance**
2. **Disheveled clothing**
3. **Broken appliances**
4. **Changes in mood or extreme mood swings**
5. **Spoiled / expired groceries that don't get thrown away**
6. **Poor personal hygiene**
7. **Cluttered, dirty and/or disorganized house**
8. **Depressed or low energy temperament**
9. **Unexplained bruising**
10. **Trouble getting up from a seated position**
11. **Missing important appointments**
12. **Uncertainty and confusion when performing once-familiar tasks**
13. **Forgetfulness**
14. **Poor diet or weight loss**
15. **Late payment notices, bounced checks and calls from collections**
16. **Loss of interest in hobbies and activities**
17. **Forgetting to take medications**
18. **Unexplained dents or scratches on car**

If health or happiness seems to be compromised, it's time to have a conversation and address problems, whether it's finding in-home care, a retirement community or a senior living community. It's important to find the right care options for each unique family situation.