



## 4 Signs That Your Aging Parent May Need Assistance

It's true that when we look in the mirror, we rarely see the age we've become. Sure, we may experience a few more aches and pains; a little bit of stiffness in the joints. We may even notice a wisp or two of graying hair. But seeing ourselves as older? For most of us – that will come as a surprise.

The reality is, as we age, managing what were once simple tasks can become overwhelming. We recognize our inability to do the things we once could and experience a sense of loss and frustration. The physical and psychological impact these changes present can cause you and your family undue stress. Now recognize that your parents (or other elders in your life) are experiencing the same thing but are further along the time line.

Even though you're an "adult," the relationship between a parent and child can make it difficult for them to let you know they're feeling insecure or in need of assistance. It can also make it hard for you to notice and acknowledge the same.

Here are some signs that your parents or loved ones may need assistance:

- Personal appearance: hair uncombed, soiled clothing, inappropriate attire for occasion or season, unkempt, body odor, bad breath, noticeable weight loss, gaunt or frail-looking, slower movement.
- Home: unopened (or un-retrieved) mail, decline in cleanliness, laundry not attended to, unpleasant household odors, unusual amount of "bad" food in the refrigerator.
- Confusion about medications. Overdosing or forgetting daily medications.
- Mental abilities: forgetting to call or write, conversation is repetitive, retelling topics again and again, inability to make simple decisions, short-term memory loss, lapses in relaying thoughts.

If you're not the person who has steady contact with your parents, you might notice these changes immediately upon visiting. Or, you may receive a phone call from a concerned friend or relative. Take some time to evaluate the situation. Ask questions. Talk to your parents, if you're able. Think of this as an opportunity to take a pre-emptive step toward their ongoing safety and well-being.

There are resources available to help determine whether or not assistance is warranted, and, if so, the type that would be most effective. You can find much of this information on websites such as [www.aoa.gov](http://www.aoa.gov) (the Administration on Aging) and [www.nasuad.org](http://www.nasuad.org) (National Association of States United for Aging and Disabilities).

Or, call Cypress Home Care and we'll be happy to meet with you and your loved ones to discuss a personalized care solution. There is no charge for this service. We'll also conduct a free care assessment and a free home safety evaluation. Contact us at 517-485-6100 or use the contact form on the Cypress Home Care website - [www.CypressHomeCare.net](http://www.CypressHomeCare.net).

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Questions? Please contact us at Cypress Home Care.  
Call us at (517) 485-6100, email [info@cypresshomecare.net](mailto:info@cypresshomecare.net)  
Or, visit us on the web at [www.cypresshomecare.net](http://www.cypresshomecare.net)