

Warning Signs Your Loved One Needs Help

The holidays are here! As you travel over the hills and far away...uh-oh! Whether you live far or near, you've just arrived at your aging parent's home only to observe that Mom just doesn't seem herself. It's very hard to discover your aging parent's decline during a holiday visit. It's also very common. The following signs may mean your aging parent needs help at home.

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| <ul style="list-style-type: none"> <input type="checkbox"/> Fragile or unsteady when standing, fatigued <input type="checkbox"/> Has fallen, with or without injury <input type="checkbox"/> Significant weight loss or gain <input type="checkbox"/> Home is not adequately maintained | <p>Physical Changes:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Has stacks of bills, paperwork and/or unopened mail <input type="checkbox"/> Difficulty seeing or hearing well <input type="checkbox"/> Unexplained injuries or bruises | <ul style="list-style-type: none"> <input type="checkbox"/> Has many alcoholic beverage bottles in the trash <input type="checkbox"/> Not taking their prescribed meds and/or meds are disorganized |
| <ul style="list-style-type: none"> <input type="checkbox"/> Appears confused or forgetful, anxious or depressed <input type="checkbox"/> Is unable to clearly explain things or describe needs <input type="checkbox"/> Has suffered the loss of a spouse, child, partner or pet | <p>Psychosocial and Significant Life Changes:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Is increasingly isolated and refuses to go out, even to the doctor or dentist <input type="checkbox"/> Is newly suspicious of previously trusted friends and relatives <input type="checkbox"/> Has recently lost the right or the ability to drive | <ul style="list-style-type: none"> <input type="checkbox"/> Has experienced deterioration of relationships with others <input type="checkbox"/> Doesn't remember asking about the same thing repeatedly <input type="checkbox"/> Is no longer involved with friends, neighbors or community |

What now? Here are just a few of the positive ways Cooperative Home Care can help you feel peace as well as joy this holiday season, when it comes to your aging parents. It starts with a phone call to 1-800-HOMECARE (in MO) or 618-HOMECARE (in IL), where our Intake Nurse can answer any and all questions you have.

- ✓ Learn how to pay for home care and what services are covered under your aging parent's health insurance. Feel confident they are not paying out-of-pocket unless it's absolutely necessary.
- ✓ Discover options to improve your aging parent's health if they're declining. Our therapists and nurses help Mom get stronger and safer now, so she doesn't end up in the hospital later.
- ✓ Schedule a free in-home assessment, because there's no cost or obligation to sit with one of our nurses or certified senior experts. Learn your options for home care: in addition to therapy and nursing visits, Cooperative helps with medication management, cooking, hygiene, companionship and errands-from one hour to 24 hours per day. Maybe your aging parent needs just a little help now...and you'll be more informed if they need more help later.

Peace, Joy, and Happy Holidays from our Cooperative Home Care Team to You & Yours!