

### Warning Signs Your Loved One Needs Help

The holidays are here! As you travel over the hills and far away...uh-oh! You've just arrived at your aging parent's home only to find that Mom just isn't herself. It is stressful to discover your aging parent's decline during a holiday visit. It is also very common. The following signs may mean your aging parent needs help at home.

- Fragile or unsteady when standing, fatigued
- Has fallen, with or without injury
- Significant weight loss or gain
- Home is not adequately maintained

#### Physical Changes:

- Has stacks of bills, paperwork and/or unopened mail
- Difficulty seeing or hearing well
- Unexplained injuries or bruises
- Has many alcoholic beverage bottles in the trash
- Not taking their prescribed meds and/or meds are disorganized

- Appears confused or forgetful, anxious, or depressed
- Is unable to clearly explain things or describe needs
- Has suffered the loss of a spouse, child, partner, or pet

#### Psychosocial and Significant Life Changes:

- Is increasingly isolated and refuses to go out, even to the doctor or dentist
- Is newly suspicious of previously trusted friends and relatives
- Has recently lost the right or the ability to drive
- Has experienced deterioration of relationships with others
- Doesn't remember asking about the same thing repeatedly
- Is no longer involved with friends, neighbors, or community

**If you checked any boxes, Cooperative Home Care can help you feel peace as well as joy this holiday season. We guarantee we can help you. Call us at 314-772-8585 (MO) or 618-394-5681 (IL).**

- ✓ 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 home care expert nurses.
- ✓ 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 ready if they need more help later.

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