

SIGNS IT MAY BE TIME TO CONSIDER HOME CARE

If your parents or other loved ones are exhibiting some of the signs below, it may be time to discuss in-home care options. These signs don't necessarily mean your loved ones need in-home care. However, it's a good idea to discuss concerns together as a family to make decisions that are best for everyone.



HOME LIFE OBSERVATIONS

- Spoiled food in the refrigerator
- Inability to do simple housework
- Neglect of bills and finances
- Difficulty driving or recent car accidents
- Stove or other household appliances not shut off after use
- Failure to take medications, refill prescriptions or go to doctor appointments

PHYSICAL BEHAVIORS

- Falls or trouble with balance
- Difficulty with hygiene tasks
- Noticeable weight loss, diminished appetite or forgetting to eat
- Incontinence
- Sleep disturbances
- Clothing that is worn repeatedly, soiled or inappropriate for weather

EMOTIONAL AND COGNITIVE BEHAVIORS

- Mood swings and personality changes
- Withdrawal from friends and family
- Diminished cognitive abilities
- Communication difficulties
- Easily confused or frustrated
- Increased impulsivity
- Forgetfulness or other memory problems
- Loss of judgment and concentration

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At Your Side Home
Care to live your
best life possible.



ComForCare/At Your Side Home Care understands the challenges that may arise with aging. Sometimes, the key to achieving an environment of safety and independence is in-home care.

We can provide whatever care is needed – a few hours a week, long-term assistance or around the clock care.



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