

Know the Warning Signs

What do you do when the check engine light appears on the dashboard of your car? Most people would ask a trusted source for help or suggestions. So why then do families ignore the “Warning Signs” that their loved ones need help to remain independent and safe at home? It is very important to understand that your elderly parent will never tell you they need help.

It is incumbent on you to recognize the warning signs, so you can be proactive in caring for your elderly parent before a traumatic event occurs.

Here are the warnings signs your parent may need help at home:

- Bruises from falling or bumping into things
- Missing important appointments or scheduled events
- Unpleasant odor and infrequent bathing or showering
- Difficulty getting up from a seated position
- Strong smell of urine in the home
- Piles of unopened mail
- Mood changes and sometimes acting angry
- Unexplained dents on the car
- Confused or depressed
- Weight loss
- Late payment notices, bounced checks and calls from bill collectors
- Difficulty with walking and balancing
- Forgetting to take medications or taking more than the prescribed dosage
- Spoiled food and lack of food in the home
- Poor overall dressing and grooming

Don't wait for the unexpected to happen. Call Stay At Home consultative services to learn the care options available for your loved one.

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