

Identifying Changes

Here are some things you may want to think about to get a clear picture of the changes taking place with your loved one.

1. Does your loved one require help with housekeeping, such as cleaning, laundry or preparing meals? Is there junk food or stale-dated food in the fridge and cupboards?
2. Does your loved one require any help with personal care, such as dressing or bathing? When you lean in for a hello hug, are you noticing that personal hygiene is slipping?
3. Is your loved one becoming confused about their medication? Are blister packs needed? Are you becoming more responsible for ensuring that medication is taken in the right dose, at the right time?
4. Does your loved one require any nursing care, such as help with dialysis, bandage or dressing changes?
5. Does your loved one have issues with falls, balance, unsteadiness or are they needing help getting in or out of the bed or bath tub?
6. Is your loved one relying on and expecting you or other family or friends to provide the needed care?
7. Can your loved one be left alone without worry? For a few hours? A few days?
8. Is your loved ones health unstable? Is the care required becoming more complex?
9. Has your loved one had many hospital visits this past year?
10. Does your loved one have frequent medical or other appointments that require them to travel? Can they get to these appointments safely and on their own?
11. Are you worried about your loved one's driving?
12. Is your loved one's home safe for them now and as they continue to age? Or will modifications need to be made and can they afford to make them?
13. Are you noticing changes in your loved one's memory?
14. Is your loved one becoming more socially isolated?
15. Is your loved one's current living condition clean and clutter free? Are they a hoarder?
16. Could your loved one receive the care that is needed in their home? And will they allow such assistance to be put into place?