

SEVEN SIGNS THAT AN AGING PARENT NEEDS HELP*

Concerns about an aging parent's well-being are normal. Striking the right balance between fostering independence and ensuring safety can be a struggle for adult children.

- 1. CONCERNED FRIENDS OR NEIGHBORS** are calling you as they are noticing worrisome changes and step in to provide help when they can.
- 2. MAIL IS PILING UP AND UNOPENED.** Bills are unpaid and utilities are at risk of being shut off.
- 3. THE REFRIGERATOR HAS A STRONG ODOR** and there's molding, rotten food in the kitchen, or a burnt pan on the stove.
- 4. MEDICATIONS ARE BEING TAKEN INCORRECTLY** and your parent is confused about his or her doctor's advice.
- 5. HYGIENE CONCERNS.** Your parent is wearing soiled clothing, bathing infrequently, and not attending to oral hygiene as they once did.
- 6. YOUR PARENT IS NOT ABLE TO DRIVE SAFELY;** the car has new scratches or dents, maintenance is being ignored.
- 7. "MOM IS FINE," YOUR DAD SAYS.** Mom agrees, though your gut tells you otherwise. They have learned to compensate for one another.

**Adapted from blog post by Miriam Zucker, LMSW, C-ASWCM, an Aging Life Care™ Specialist and founder of Directions in Aging, Westchester County, NY*

Are any of these signs familiar? Not sure what to do next? If you feel overwhelmed, **Aging Wisdom®** is prepared to help you and your family.

Contact **Aging Wisdom** and one of our Aging Life Care Professionals™ can provide expert consultation and care management. With an objective perspective on the situation, we facilitate difficult family discussions and decision-making to address these and other concerns.

To meet with an Aging Wisdom Aging Life Care Professional, please call **206.456.5155, ext. 1**, or email us at jgray@agingwisdom.com

