

# WARNING WARNING WARNING

## Warning Signs That Care At Home Is Needed

Whether a person has trouble admitting he or she needs help to stay at home or is unaware there is a need, watching for signs that indicate it's time for caregiving assistance often falls on family, friends or advisors. Take note of the following:



### Daily Routines

Failure to keep up with daily routines—such as bathing, tooth brushing and other basic grooming—could indicate health problems such as dementia, depression or physical impairments.



### Losing Weight

Losing weight without trying could be a sign that something's wrong. For the elderly, weight loss could be related to many factors, including difficulty cooking, loss of taste or smell and underlying conditions.



### Household Changes

Any big changes in the way things are done around the house could provide clues to health. For example, scorched pots could mean forgetting about food cooking on the stove. Neglected housework could be a sign of depression, dementia or other problems.



### Mood Changes

A drastically different mood or outlook could be a sign of depression or another health concern.



### Physical Changes

Muscle weakness, joint problems and other age-related changes can make it difficult to move around. If the senior is unsteady, he or she may be at risk of falling—a major cause of disability among older adults.



### Health Issues

Sometimes multiple doctors may be treating multiple health conditions. Have multiple prescriptions evaluated by a polypharmacy-skilled medical doctor (the knowledge of how various medications interact).



If any of these signs raise concerns, bring them to the attention of the person's physician and consider additional care in the home. Contact Amy's Helping Hands to learn more about our in-home care services such as meal preparation, personal care, transportation and Alzheimer's care.



**Amy's Helping Hands**

Exceptional Home Care Services  
& Adult Day Program for Seniors

**519-915-4370**

**[www.AmysHelpingHands.ca](http://www.AmysHelpingHands.ca)**