

# Is It Time For In Home Care? 7 Signs Your Loved One May Need Extra Support

Inhome care can be an ideal option for seniors who wish to age in place in their own home for as long as they can. Here are several signs that it may be time to consider extra support like in-home care:

- **Difficulty with daily living activities:** Your aging loved one may need assistance with basic tasks, including bathing, dressing, and grooming.
- **Require assistance managing a chronic health condition:** Seniors may find a change in health or chronic condition like diabetes or heart disease hard to manage on their own.
- **Struggling to prepare nutritious meals:** Noticeable weight loss or signs that your loved one isn't eating well can be reasons for concern.
- **Inability to keep up with household chores:** Everyday chores, including laundry and housekeeping, can be increasingly difficult as you age.
- **Increased social isolation and feelings of loneliness:** If your loved one starts to withdraw from social activities, hobbies, or gatherings with friends and family they previously enjoyed, it could be a sign of social isolation and loneliness.

These signs can indicate that in-home care may be necessary to ensure the safety, comfort, and dignity of your loved one while they continue to enjoy their life.