

Signs that a loved one needs home care



Companionship enriches seniors' well-being.

Recognizing a senior's need for home care support

Aging is a unique journey for everyone, woven with experiences of joy and hardship. Suppose you're caring for an elderly parent or know a senior who may be facing difficulties maintaining their independence at home. In that case, it's vital to recognize when they might need some extra help. Many seniors are reluctant to ask for help, fearing it'll undermine their autonomy. By learning the warning signs, you can take proactive steps to ensure their safety and well-being.

Importance of Maintaining Basic Activities of Daily Living (BADLs)

BADLs are the basic self-care tasks like personal hygiene, dressing, eating, toileting, and mobility—things we take for granted but are crucial for independence. They reflect a person's functional status, which is influenced by cognitive, physical, and psychological factors. As we age, or when we see others facing challenges with performing these daily activities, we truly understand their importance. They differ from essential tasks (Instrumental Activities of Daily Living/IADL), which involve more

complex tasks for remaining living independently.

Many seniors hide their struggles, making it tough for families to notice when they need support. Often, families only recognize there's a problem after an unfortunate incident, like a fall or a health emergency. To prevent this, make it a habit to regularly check in on their daily routines. Family members often notice physical changes before recognizing shifts in cognitive or functional abilities, which is crucial for ensuring safety and quality of life.

Key Signs to Observe for Proactive Assistance

Physical Changes

- **Declining Self-Care:** Any neglect in personal grooming or hygiene is a significant warning sign.
- **Physical Health Changes:** Sudden weight loss or signs of malnutrition could indicate difficulties with food preparation or eating.
- **Increased Injuries:** A rise in falls or trips to the emergency room may point to declining physical abilities.

Cognitive Signs of Decline

- **Communication Challenges:** If conversations are becoming more difficult or if they're struggling to find words it can be a sign of Cognitive Impairment.
- **Memory Issues:** Frequent forgetfulness regarding daily tasks or important dates.
- **Confusion:** Difficulty with time, place, or recognition of familiar people.

Emotional and Behavioral Indicators

- **Social Withdrawal:** Losing interest in hobbies or avoiding social activities, which may signal depression or loneliness.
- **Mood Changes:** Increased irritability or sudden mood swings might suggest underlying mental health issues.

Changes in Living Environment

- **Clutter and Disorganization:** A messy living space can indicate difficulties in maintaining their home.
- **Unsanitary Conditions:** A lack of cleanliness suggests that daily tasks may be becoming overwhelming.
- **Home Safety Hazards:** Poor lighting or missing grab bars are clear indicators that living conditions need to be addressed to prevent accidents.

Starting the Conversation

Once you've observed these signs, it's essential to

approach the topic of private home care support with sensitivity. Respect your loved one's preferences and work together to find suitable solutions. Explore various options for senior living while keeping their financial situation in mind as an alternative to a private home care solution. Encouraging open dialogue helps seniors to feel supported and empowered in making decisions that improve their quality of life.

The Advantages of Private Home Care Support

- **Personalized Care:** Tailored to enhance independence.
- **Reliability:** Consistent, dependable quality service that builds trust.
- **Flexible Scheduling:** Adaptable care routines to fit individual needs.
- **Familiar Environment:** Care provided at the place of living.

Private Home Care Support is privately paid and differs from subsidized home care in BC, which has financial assistance, eligibility requirements, and service restrictions. Traditional home care agencies typically provide task-oriented services, whereas a Holistic home care agency takes a comprehensive care approach by focusing on the needs of the whole person, promoting autonomy, independence, family engagement and collaboration in care decisions, and helps with Advance Care Planning.

Ensure to involve the closest adult family members in discussions about suitable care support and its financing. Many seniors have a Power of Attorney that can facilitate helpful arrangements.

Conclusion

By recognizing the key signs that indicate a senior needs help, you can support your loved ones in maintaining their dignity and independence at home, making the golden years truly shine!

Seniors Choice For Care is a private local home care company dedicated to empowering seniors to live independently in their own homes. Our holistic care approach enhances well-being, promotes autonomy, and fosters independence, creating a supportive and nurturing environment that benefits both seniors and their families. To schedule a free home care consultation, call Diane Miller, a passionate retired Nurse, company Founder & Director of Care, at 604.551.8867.

Be & feel empowered to age in the comfort of your home!

Discover person-centered & flexible home care support solutions that elevate well-being, promote autonomy, and nurture independence, all at affordable rates.

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