



How To Know When Your Aging Parent Needs In Home Care

It is estimated that 22 million Americans are providing elder care for an aging parent or older relative. If you are among them, then you know how challenging the responsibility of assisted living services can be – physically, mentally and emotionally. Whether you're providing personal care and companionship services seven days a week, or live out of town and try to manage their care long distance, there comes a time when you must ask yourself the inevitable question.

Is it time to consider in home senior care?

For Personal Care

After a lifetime of performing everyday personal care activities, the progressive inability to do so in older age can be devastating. If you cannot be there to help, your parent may need in home care if they are unable to:

- Bath and shower on their own, wash their hair, brush their teeth, use the restroom or perform any other personal hygiene activities
- Dress themselves in the morning or undress themselves at night
- Move around on their own, whether that means getting out of bed, sitting in a chair or simply walking through the house
- Drive themselves to the doctor, the grocery store, a friend's house or any number of other things they might want or need to do

For Keeping House

For parents who have spent their entire lives taking pride in keeping a clean house, it can be a real blow to their self-esteem when their physical condition makes it impossible for them to do so. If you cannot be there to help, your parent may need in home care if they are unable to:

- Do light housekeeping, like dusting, vacuuming and taking out the trash
- Wash the dishes, clean the countertops or mop the floors
- Scrub showers, tubs or toilets
- Do laundry, ironing or change the linens
- Prepare meals and clean up afterward

For Companionship

Often, the greatest gift an aging parent can receive is companionship from someone who can not only provide conversation, but also a helping hand. If you cannot be there to help, your parent may need in home care if they are unable to:



- Arrange doctor appointments
- Remember when to take medications
- Plan and prepare healthy, balanced meals
- Keep bills organized
- Maintain a safe home environment

And remember. Even if you're providing 24/7 care for your aging parent, that does not mean you can or should maintain that schedule definitely. Not only will it take a toll on the other relationships in your life, but it can also be detrimental to your health. In fact, your aging parent may need in home care in the form of respite care simply so you can take a well-deserved break.