

Is your parent safe at home alone?

A safety checklist courtesy of Atria Senior Living

It's not always easy to decide. Decline can happen so gradually that it often goes unnoticed until a crisis happens. Perhaps they have good days and bad days – and you're only seeing the good ones. To more accurately assess your family member's situation, ask yourself the following specific questions.

- Yes No Is your family member at risk of falling?
- Yes No Would they have difficulty calling 911 or other emergency services?
- Yes No Are they confused by their medications, or do they have trouble remembering why each one is taken and the proper dosages?
- Yes No Is your family member's personal hygiene declining?
- Yes No Have they lost weight or experienced difficulty cooking and shopping for groceries?
- Yes No Are newspapers, mail and bills piling up, and have any utilities been disconnected?
- Yes No Does your family member drive too slowly or overlook traffic signals, or do they ever experience difficulty arranging transportation?
- Yes No Are they at risk of falling victim to crime, letting strangers into their home or trusting those they shouldn't?
- Yes No Is your family member afraid of being alone? Do they call frequently?
- Yes No Are they becoming more isolated, most often choosing to "just stay home"?

If you answered "yes" to even a few of these questions, let's talk. We've helped hundreds of families experiencing these same concerns find the support they need. Even if we are not the best answer for your family, we can advise you about other appropriate options to consider. Call today to arrange a personal appointment.

