



## **Warning Signs That Your Aging Loved Ones May Need Help At Home**

- Falls are a major warning sign that may indicate your loved one may need help at home. Falls are the leading cause of injuries and deaths among Americans over 65, according to the National Center for Injury Prevention and Control. Each year, about 35% to 40% of adults 65 and older fall at least once.
- Limited mobility may be another warning sign. Signs could be difficulty moving around, climbing stairs, getting up or down, and unsafe driving behavior.
- Your loved ones mental awareness also needs to be monitored. Continual memory lapses, confusion, trouble finding places, and difficulty sleeping are just a few examples of warning behavior.
- Changes in personal hygiene could also warrant some concern. Some signs to watch for are hair unclean, face unshaven, teeth unbrushed, body odors indicating infrequent bathing, and stained clothes. These behaviors could be early signs of diminishing mental awareness.
- Looking for changes in your loved ones housekeeping may also be a warning sign. Spoiled food in the refrigerator, cluttered house, dirty clothes in the closet, burnt pans or pot holders, and unopened bills are just a few things to look for.
- Noticeable weight gain or loss, lack of food in the house, disinterest in eating, and signs of alcohol abuse may also be warning signs your loved one may need help at home.
- The change in your loved ones sociability may also be a warning sign. If they no longer return phone calls, are less talkative at gatherings, lose interest in friends or hobbies, and have a recent reduction in activities then your loved one may need help at home.
- Physical dangers can also be very risky for your aging loved one. Adults ages 65 years and older are among those at highest risk for residential fire deaths and injuries, according to the National Center for Injury Prevention and Control. Bruises from bumping into things, burns from cooking, recent car accidents, and recent medical crisis' may also be warning signs to be aware of.