

*When it matters  
who cares...*

# *Assured Help*

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## SENIOR CARE®



### *When is it Time to get Help for a Senior?*

Most Seniors are resistant to getting help and even the most attentive and loving family overlooks a lot of warning signs that help is needed just because Mom or Dad say they manage just fine.

YES NO

Is your Loved One still driving?  
(A better questions should be: Should your loved one still drive? Pick a day when you know they are going somewhere, then follow them unobtrusively and observe. Is your loved one hesitant? Driving too slow? Missing Traffic Signs? Taking a while to notice the light is green/red?)

Is your Loved One eating healthy foods (regularly & enough)?  
(Hint: Do not believe everything they tell you-check for yourself)

Is your Loved One drinking enough liquids (staying hydrated)?  
(Sorry but coffee, coke & other sodas do not count)

Are you thinking about hiring a cleaning service?  
(By the time you notice that the house is turning a bit dusty and kitchen & bathroom could use a cleaning, There are generally other problems present as well. By all means, hire that cleaning service for the deep cleaning. For the upkeep weekly, think about a Non-medical Senior Care Service - to establish a relationship, get a trained observer in the house and get feedback how your Loved One is really doing. They can also take seniors shopping, to appointments, make sure they take medications as prescribed, etc)

Is your Loved One taking medications as prescribed?

Has your Loved One fallen recently?

Is your loved one getting forgetful?

Are you feeling stressed - by the situation?  
(Ask your spouse for some input if you can not come up with an objective answer)

\_\_\_\_\_ How many times a day do you call your Loved One?  
(To make sure they eat, take their meds, etc.)

\_\_\_\_\_ How many times a week are you going to your Mom or Dad?  
(Helping with shopping, appointments, checking medications, picking up, cleaning? And a few dozen other things? When was the last time you just went to visit?)

\_\_\_\_\_ How often does your Loved One call you for help or advise?

\_\_\_\_\_ Has your Loved One been hospitalized and is now receiving Home Healthcare?

\_\_\_\_\_ How many times, in the past 4 weeks, have you sacrificed time, sleep and activities you enjoy to help your Loved One?

**Each and every item on this list is a sign that your Loved One, especially if living alone, needs more help. Help can take a variety of shapes and is an individual choice. If you are not quite sure where to go from here, call us and we will help you brainstorm or help you come up with a solution your family is comfortable with.**

*“Our purpose is to help you or your loved one remain as independent as possible at home.”*

Trying to make a decision and need straight answers?  
Call us at **405/819-4696** to find out more about our expert home care.