

# WHAT TO CHECK FOR WHEN CHECKING ON LOVED ONES



## HOW DO YOU KNOW WHEN YOUR AGING LOVED ONE NEEDS HELP? AND WHERE TO FIND IT.

Aging. It's difficult to see—especially in those you love. If you think your loved one needs some help, here are some signs to look for:

- Weight loss.** Missing meals could be a sign of depression, or dementia. However, more often than not, it might just be that shopping and preparing meals is too much for them to handle.
- Diagnosed with dehydration or malnutrition.** This could be from forgetting to eat or drink, or because they are unable to shop or prepare meals.
- Frequent illness,** hospitalizations, or EMS visits.
- Confusion.** Bills unpaid, stove left on, unsure what day or time it is. Frequently loses items. Too confused to call for help?
- Medication errors.** Taking the wrong dose, or forgetting medication, or taking expired medication.
- Poor hygiene.** Doesn't shower or bathe, spends the day in pajamas.
- Refusing visits** from family member in order to conceal deterioration.
- Someone who is normally outgoing** becomes socially withdrawn.
- Concerns about driving:** doesn't recall how they arrived at destination, automobile in disrepair, fender benders, or other accident damage on car.
- Neighbors report loved one wandering** aimlessly in the neighborhood.
- Thermostat** set at extreme temperatures.
- Cost** of private in-home health/companion care they require is becoming too expensive.

**If you have checked the box on any of these signs,** it may be time to take a look at the assistance a senior living community could provide.

Ebenezer offers an exceptional blend of hospitality, service and care designed to enhance quality of life in every possible way. As part of Fairview Health Services, Ebenezer has the support and resources of Minnesota's largest health care provider, and 100 years of experience working with aging adults.

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