

## **14 Signs It Is Time for Senior Care**

Sometimes it's difficult to know when it's time for you to be thinking about outside care for your parent(s). These fourteen signs can be a guideline for you when making that difficult decision.

1. Changes in eating habits or loss of appetite.
2. Spoiled or outdated food in the refrigerator.
3. Difficulty walking, unsteady gait, falls.
4. Poor grooming/personal hygiene.
5. Memory loss, forgetfulness, confusion.
6. Mishandled medications, ignoring medical needs
7. Persistent fatigue/lack of energy.
8. Personality changes, irritability, mood changes.
9. Diminished driving skills, near misses, accidents.
10. Loss of interest in activities once enjoyed.
11. Reluctance to socialize.
12. Difficulty concentrating, poor judgment.
13. Unopened mail, past due bills, mishandled finances.
14. Poor home maintenance, unsafe conditions.

If you notice several of these warning signs, it may be time to consider some changes.