

It is with great pleasure that Aging America Resources and Home Helpers share Part 1 of our award winning **Caregiving Considerations Educational Series**. For information on our organizations, visit our websites.



[www.HomeHelpers.CC](http://www.HomeHelpers.CC)

## ***When Should I Take A More Active Role In My Aging Parent's Life?***

As people age or become ill, many will face challenges. There are some considerations and competencies that you should assess to determine if it might be appropriate to take a more active role in a loved one's life. Most people will not ask for help, as they tend to place a high value on their privacy and independence, and don't want to be a burden to their family and friends.

Regardless of the illness, injury or incapacity, the fact remains, an overwhelming majority of people simply don't know when to take a more active role in a loved one's life. Review the 10 Considerations below and determine if it might be time for you to get involved and help a loved one address challenges he or she may be facing.

1. **MEDICAL CONDITION** – Has your loved one been diagnosed with a disease, illness or other medical condition that could impact his or her daily living activities? Is the medical condition likely to cause limitations to a person's abilities now or in the near future?
2. **DRIVING** - If your loved one drives, is there reason to believe he or she poses an above average risk for being involved in an accident? How are his or her reflexes or ability to respond in an unexpected situation?
3. **FOOD/NUTRITION** – Is your loved one eating balanced meals? Is his or her weight stable? Does he or she have a reasonable variety of food in the refrigerator (with future expiration dates)?
4. **HYGIENE** - Does it appear he or she is bathing and brushing their teeth regularly? How is his or her overall appearance, grooming and ability to match clothing compared to prior years? Are the linens and towels fresh?
5. **BEHAVIOR** – Does your loved one seem anxious or irritable? Does being away from home make him or her uncomfortable? Does he or she seem depressed? Is there inconsistency in the things he or she says? Does your loved one remember names, places and current events?
6. **DAILY TASKS** - Are basic tasks overly challenging, frustrating or time consuming for your loved one? (example: getting ready to go out, preparing a meal or shopping.)
7. **MEDICATION** - Can your loved one manage his or her medications properly including dosage, frequency and changes to prescriptions? Is there an understanding of why he or she is taking the medications? Are prescriptions getting refilled in a timely fashion?
8. **FINANCES** – Does it appear that your loved one is capable of making sound financial decisions? Is he or she able to manage personal finances and affairs? Does he or she have a reasonable amount of cash on hand?
9. **MAIL** - Is the mail stacking up? Do you see any past due or delinquency notices? Does your loved one appear to be a target for solicitation offers?
10. **SAFETY** – Is your loved one careful about turning off appliances (example: stove, coffee pot)? Does he or she ever carelessly leave candles or cigarettes burning? Are sharp objects properly put away? Are the doors and windows locked? Is he or she able to easily locate the keys?

The list of 10 Considerations was developed to help you identify potential areas of concern. If after reviewing these considerations, you have a concern with one or more issues, it may be time to take a more active role in a loved one's life. We suggest you and your family acknowledge any areas of concern and start to learn about the issues, and options available. Chances are that your loved one may be struggling unnecessarily and it might be time to explore ways to help in a 'proactive' fashion rather than waiting to react. Often there are simple things you can do to provide assistance.

Whenever possible, try to observe your loved one in a variety of situations. Ideally, this evaluation should be informal so as not to cause alarm or appear disrespectful. If you have concerns, talk to your loved one in a casual and non-threatening way. We suggest conversations should reflect a partnership and demonstrate a willingness to work together. Let your loved one know your intent is to understand and respect their wishes while providing for their needs.

Once you identify an area of concern, the natural question is, what do you do to help? The Caregiver Resource Guide is a wonderful book to help families understand and address the issues they are likely to encounter as loved ones age or become ill.

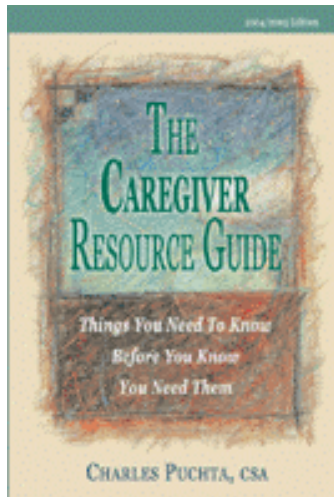
*"This Guide is outstanding in its content, manner of presentation and readability."*

- Chicago CAREgiver magazine

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**ORDER NOW! Satisfaction Guaranteed or your money back.**

**The Caregiver Resource Guide** provides a roadmap for families facing the many issues associated with aging and illness. The Resource Guide provides practical knowledge, perspectives, tools and often untold tips that you can immediately apply to your situation. The Guide cuts through the clutter and confusion, and offers clear, unbiased advice to help you understand and address the issues and alternatives you're likely to face.

*"I thought with my healthcare background I was prepared to work through the decisions that we face now. HA! I've never been on the other side of the health care provider - the part that leads up to those decisions and I felt/feel completely overwhelmed! I am so thankful for this guide because it answers all my questions, and then some I never thought of. I am not by nature an outspoken person, but I feel now that I have the tools to be bold on behalf of my mother-in-law and her best interests. Thank you!" - Sherill Maddox, Ft. Worth, TX*

**ORDER On-Line at [www.AgingUSA.com](http://www.AgingUSA.com) or  
by calling Aging America Resources at 513-697-9696.**

**HOME HELPERS** provides personalized non-medical care services that address many of the considerations and competencies referred to above. To learn more about Home Helpers or to locate a Home Helpers office in your area, call 800-216-4196 ext. 105 or visit [www.HomeHelpers.CC](http://www.HomeHelpers.CC) (as in **C**onscientious **C**aregivers).

**AGING AMERICA RESOURCES** is a non-profit organization committed to helping families and professionals understand and address aging and long-term care issues. To learn more about Aging America Resources, our information resources or speaking opportunities, call 513-697-9696 or visit [www.AgingUSA.com](http://www.AgingUSA.com).