

How To Know It's Time For Home Care

If you think your aging loved one might need a little help to live at home safely — i.e., private duty home care — they probably do. But let's be more tangible.

Here are seven areas of your loved one's life to observe. (They all begin with "m" as a mnemonic device.) Place a check by the ones that apply to your loved one.

- » **Messy.** Is your loved one's house unkempt? Has their personal appearance fallen off or do they smell like they haven't bathed in many days? Are walkways not clear of clutter?
- » **Mail.** Are there piles of mail here and there — including bills or checks — some unopened?
- » **Meals.** By meals, we are referring to nutrition. Is there a lack of healthy, unexpired food in the refrigerator and pantry? Or do you notice weight loss in your loved one?
- » **Memory.** We all take a little longer to call things to mind as we age. But is your loved one unable to remember basic information about family and friends? Do they forget appointments and make mistakes with finances? Do they say things that show confusion and then act like they were joking when you confront them about it?
- » **Mobility.** Have they fallen? Do they or should they use a walker? Do they avoid getting out on the roads or do you worry that they shouldn't be driving?
- » **Monasticism.** We're not talking about a sudden interest in religion. Rather, we're calling attention to their interactions with others. Have they stopped socializing? Do they seem more withdrawn?
- » **Max and the Mums.** Do pets or plants seem to be suffering?

How To Interpret Your Responses

- » If you checked 1 or 2, keep an eye on your loved one and ask yourselves the same questions in a few months.
- » Did you check 3-4? Your loved one could definitely benefit from private duty care. Home care can help protect their independence and prevent an unnecessary decline in health.
- » If you checked 5 or more, your loved one needs someone in the home. They're at risk for hospitalization, rehab, and maybe even institutional long-term care.

Discover how Ovation Home Care can help provide just the right level of care for your loved one when you call us at 351.441.9441 and speak with one of our care advisors.