

Signs Your Loved One May Need Help at Home

As your loved ones grow older, you may notice changes in them, physically, emotionally, and mentally. These changes are often natural parts of aging, but they can cause challenges living alone. For some, these challenges are too much to handle on their own, and they may need help at home.

Signs Your Loved One Needs Help at Home

It's common for older adults to need some assistance around the house as they age. Here are some signs your loved one could benefit from at-home care.

They're struggling financially

Their financial troubles could mean they're having a hard time living within their means, or it could mean they have trouble remembering to pay bills and keep up with their finances. Talk to your loved ones to figure out the state of their finances. Then, talk to them about setting up a budget or setting reminders for paying bills. Suppose their financial struggles go beyond simple forgetfulness or poor organization. In that case, you may want to talk to them about hiring a financial advisor or accountant to help keep their finances in order.



There are changes in their grooming

Some seniors start to have trouble bathing and dressing, and as a result, may avoid doing it. Showers can be a falling hazard, especially for seniors with poor balance. And they may not own clothing with accessible features, such as Velcro or elastic pants instead of buttons and snaps. If you notice your loved one isn't caring for themselves like they once did, kindly start a conversation about their grooming habits.

It can be uncomfortable asking someone who needs help with personal care, and you don't want to make them upset. One way to approach the conversation is to suggest a tool or product that may help them. For example, if you notice your loved one isn't showering enough, you can say, "I saw these neat shower benches at the store so you can sit while showering. I can pick one up for you the next time I'm out if you want." Casually asking if they'd like help gives them space to decline if they're not ready for help, but it also gives them an easy way to accept help if they're too uncomfortable to ask for it.

Their home is disorganized

If your loved one kept a tidy home and you've noticed things are more disorganized than usual, that may be a sign they're struggling to keep up with their daily chores. This disorganization could result from physical changes. It could also be a sign of something more serious such as depression or dementia.

If the home is minimally disorganized, ask if you can help them clean up. If the cleanliness is more concerning, such as days-old food on the counter or lots of trash around the home, you'll need to approach the subject more sensitively. Casually ask how they would feel about having help with light housekeeping. When talking to your loved ones about their home, make sure you don't scold them or shame them for not keeping a tidy house.

They have frequent injuries

Falling in the home is common for many older adults and can lead to serious injury. If you know notice bruises on your loved one, or they're injuring themselves, especially inside the home, it may be time to consider hiring at-home care. Having an at-home caregiver can help your loved one age safely at home. Caregivers will not only be there to help them if they fall, but they can also help identify fall hazards such as cluttered rooms, slippery rugs, or dimly light hallways.

How Visiting Angels Can Help

If you think your aging loved one could benefit from at-home assistance, the team at [Visiting Angels Horsham](#) can help. Our trained caregivers assist with everything from light housekeeping to personal grooming and transportation. We also provide specialized care for those living with dementia or transitioning back home after a hospital stay.

To help seniors get started with quality at-home care, we provide free at-home consultations to learn more about potential clients and share specific ways our caregivers can help. After the consultation, we develop a customized care plan and schedule. We then match the client with one of our compassionate caregivers. We do our best to match seniors with caregivers who specialize in the care they need and have compatible personalities and interests.

Our [Horsham office](#) serves those in Horsham, Hatboro, Willow Grove, Ambler, Lower Gwynedd, Spring House, and the surrounding areas. If you'd like to learn more about our services, you can contact us online or give us a call at 215.938.7202.