

SENIORS

Senior Care Requests Rise After Family Visits During The Holidays

NewsUSA

(NU) - For adult children with aging parents, spending time together around the holidays can bring attention to changes in lifestyle or behavior that might indicate that a senior needs assistance at home.

For those who provide senior care, the weeks immediately following the holidays tend to be the busiest of the year as families work to arrange care for aging loved ones. According to Home Instead Senior Care, January is the highest volume month for new inquiries related to senior care. Home Instead saw a 41 percent rise in service inquiries from December 2016 to January 2017.

Families who have recently spent time with aging loved ones should consider these factors when deciding whether it is time to engage a senior care provider.

- **Mood.** Was a senior loved one acting different around the holidays this year? Was he or she less talkative or more emotional?

- **Physical appearance.** Did mom or dad lose a significant amount of weight since your last visit? Did they appear to be keeping up with personal hygiene?

- **Social life and routine.** Did an aging relative mention socializing with neighbors and friends? Do he or she seem to be interested in making plans and getting out and about?



- **Household.** During holiday visits, was their home clean and orderly? Have they fallen behind on paying bills, refilling medications, or housework?

- **Food choices.** Did they have nutritious food at home, or was the refrigerator empty because they can't make it to the grocery store?

Families who notice changes in senior loved ones can find support and resources at caregiverstress.com or by reaching out to a local Home Instead Senior Care office. For many older adults, help with everyday tasks such as meal preparation, light housekeeping and medication reminders can allow them to stay safe and healthy at home.

For more information, visit caregiverstress.com or find a Home Instead office near you at www.homeinstead.com/state.