

SENIORS

Post-Holiday Wake-up Call: Signs Senior Loved Ones May Need Help

NewsUSA

(NU) - The holiday season is the perfect time to reconnect with those you love most. But for many adult children, this is also a time where they may start to notice changes in their parents' health and behaviors that signal the need for assistance at home. Each year, this realization leads to an increase in inquiries about senior care services from concerned family members.

In fact, January is the highest volume month for senior care inquiries, according to Home Instead Senior Care. On a national scale, the company saw a 34 percent increase in service calls from December 2017 to January 2018.

While visiting loved ones over the holidays, families may have noticed changes in behavior, including:

- **Mood and Symptoms of Depression.** Do you notice a change in your loved one's normal behavior? Does he or she seem unattached or more emotional?

- **Personal Hygiene.** Changes in appearance are the most obvious signs that assistance is needed, and they can range from unkempt hair and body odor to wearing the same clothes for multiple days.

- **Driving Skills.** Evidence of speeding tickets, dents and scratches on a senior's car may be signs that driving skills are deteriorating.

- **Household Changes.** Is your loved one behind on paying bills, refilling medications or housework? An unkempt house may be the result of once-everyday tasks becoming overwhelming burdens.

- **Eating Habits.** Does your loved one's refrigerator seem emp-



ty? Is there rotten or expired food? These may be signs that your aging relative has lost interest in preparing and eating meals or is unable to make it to the grocery store.

Due to the increasing demand and evident need, Home Instead Senior Care franchises are hiring CAREGivers nationwide to provide support and companionship to older adults, a practice that aligns with national employment trends.

Research shows that caregiving is a growing profession. Employment of home health aides and personal care aides is projected to grow 41 percent from 2016 to 2026, much faster than the average for all occupations.

Last year, Home Instead received its largest number of employment inquiries during the busy month of January.

Family caregivers can find additional information and resources at caregiverstress.com or find a Home Instead office near you at www.homeinstead.com/state.

If interested in becoming a CAREGiver, visit <https://www.homeinstead.com/home-care-jobs>