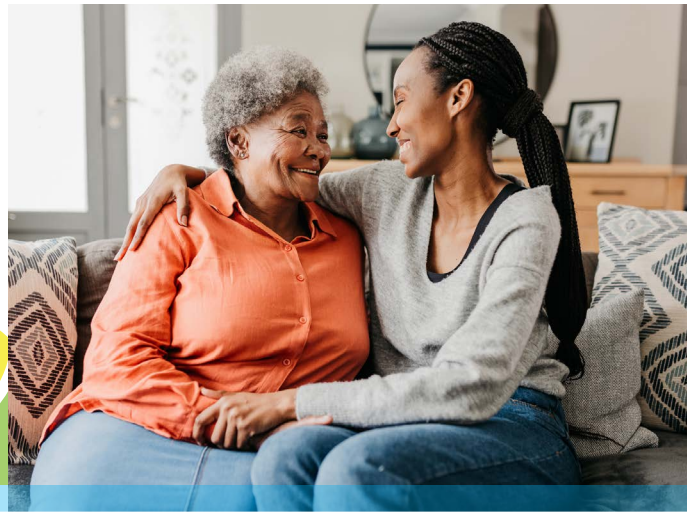


# Top 10 Things to Look For When Visiting Your Parents

When visiting your parents or loved ones, you may be observing some changes in their health and well-being. Here are some signs to be aware of that your loved one may need some additional support from an Assisted Living community. It is always recommended to consult with your family physician on health-related concerns.



- 1 Continued health related issues—has there been a recent or frequent hospitalization due to a serious illness or injury?
- 2 Have there been multiple falls or accidents that your loved one has had?
- 3 Do you notice any unexplained bruising or cuts?
- 4 Is your loved one not taking their correct dosage of medications, or confused about what they have taken and when?
- 5 Is your loved one having difficulty with upkeep of their home?
- 6 Is your loved one losing weight, not preparing food or eating properly?
- 7 Do they lack motivation to spend time with friends and family, or attend activities which they once enjoyed?
- 8 Is there a continued decline in reasoning skills or cognition? Do you feel they are a risk to themselves or others due to their cognitive decline?
- 9 If there is a primary caregiver or spouse, how is her/his health? Are they exhibiting signs of exhaustion, anger, stress or even illness?
- 10 Is your loved one appearing unclean, or unkempt—having difficulty with bathing and grooming?

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