

Oak Hill Assisted Living
Aging Parents – Safe at Home Alone?
Independence vs. Safety

It's not easy knowing when an elderly person needs more help than family or friends can provide. It's not always easy to decide. The decline of aging may happen so slowly that it goes unnoticed until a crisis occurs.

It's sometimes difficult to know if what you're seeing is only a bad day or perhaps you're only seeing the good ones. To help assess your family member's situation, ask yourself the following questions.

- Is your family member at risk of falling?
- Would they have difficulty calling 911 or other emergency services?
- Are they confused by their medication, or do they have trouble remembering why each one is taken and the proper dosages?
- Is your family member's personal hygiene declining?
- Do they need help getting in and out of the tub or bathing?
- Have they lost weight or experienced difficulty cooking and shopping for groceries?
- Do they need assistance or supervision with eating?
- Are newspapers, mail and bills piling up, and have any utilities been disconnected?
- Does your family member drive too slowly or overlook traffic signals, or do they ever experience difficulty arranging transportation?
- Are they at risk to be a victim to crime, letting a stranger into their home or trusting those they shouldn't?
- Is your family member afraid of being alone? Do they call frequently?
- Are they becoming more isolated, most often choosing to "just stay home"?

If you answered "yes" to even a few of these questions, let's talk. Many families struggle with these same concerns.

The state of Minnesota offers a free resource called the 'Senior Linkage Line' to also help you sort this out. They can advise you about possible options and resources to consider. You will find them at 1-800- 333- 2433.