



Better care for your aging parents.

notes

## Assessing the Living Situation: Signs that Say It's Time for a Change

Look for these signs to determine if your parent needs help in the home:

- Periods of confusion or forgetfulness
- Hoarding or changes in housekeeping habits
- Financial troubles – past due notices, bills in the trash, etc.
- Lack of awareness of time
- Hygiene issues

Types of care your parent may need:

- Home Care:** Staying at home appeals to most people and it is often the least costly option.
- Assisted Living:** Assisted living can mean care in the home or at a designated facility.
- Nursing Home:** Also called a long-term care facility, these are for people who need around-the-clock help.

For more information on these questions and what to expect, access the Parentgiving Learning Center.