



Better care for your aging parents.

notes

## Seven Tips for Managing the Household

- Set up the living space.** As people age their living needs change. First and foremost, make sure the home is safe and secure.
- Discuss and plan daily hygiene.** Be sure that your parent is addressing daily hygiene such as brushing teeth, washing hands, bathing and even laundry needs.
- Plan meals, food shopping and cooking.** You know your parent. If one of his favorite activities is preparing and cooking meals, then don't discourage this activity, if at all possible.
- Coordinate outside home workers.** Go over with your parent the list of regular outside home workers.
- Discuss daily activities, events and exercise.** To avoid having your parent become depressed and unhealthy, be sure she has a regular schedule of activities, events and exercise in place.
- Evaluate the need for home health care.** Depending upon your parent's current condition and expectation for rate of deterioration, she may need home health care.
- Allow for your parent's independence!** Especially if you live far away from your parent, resist the temptation to over-do care for her if she remains able to care for herself.

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