



Are Mom and Dad Okay?

What to Look for this Holiday Season.

Are your parents able to perform the basics?

Dressing, eating, toileting, personal grooming and mobility.

Do your parents have unopened mail? Unopened mail and unpaid bills can be a sign of cognitive impairment, financial problems, or vision loss.

Do you see damage to your parents' garage or vehicles?

If so, it may be time to have "the talk."

How do your parents look? Check for noticeable changes in appearance, such as wearing the same clothes over and over, weight gain/loss, dirty clothes, or hair.

Is your parents' home as clean as it was last time you visited? Mildew and mold, excessive clutter and spoiled food are signs your parents may need another set of hands and eyes to keep their home clean and safe.

Look in the pantry and the refrigerator. Is it stocked? Are foods expired? Is the food there nutritious or are you parents frequently eating cereal, sandwiches, and processed microwave foods?

Are your parents taking their medication? Be sure to check for expired medications, unopened bottles, or past due refills. Check supplements for expiration dates, also.

Do your parents have any unexplained bruises or other injuries? Senior injuries often occur due to accidental falls or running into furniture. A significant number of injuries can be a sign your parent is struggling with mobility.

Have you noticed any mood swings or personality changes? Depression and anxiety are common in seniors, especially during the holiday season. Take special note to watch for irritability and forgetfulness.

Ticked a box or two? It may be time to seek the advice from our experts and determine if now is the time to consider a move to The Mansions. **We're here to help.** Please make the call today.

 **MANSIONS ASSISTED LIVING & MEMORY CARE**

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