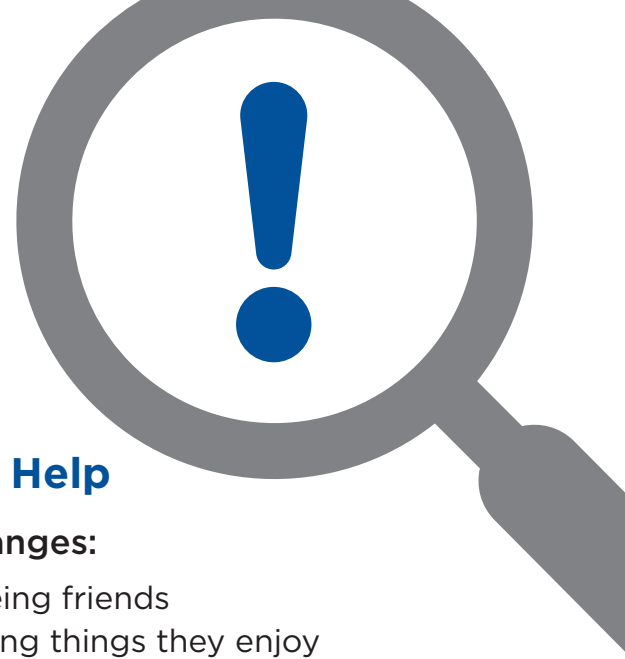


# What to Look for When Visiting With Senior Parents



## Signs Your Mom or Dad Might Need Some Help

### Physical Changes:

- Declined hygiene
- Less grooming
- Weight change
- Bruises
- Poor balance

### Sensory Changes:

- Loss of vision
- Loss of hearing
- Loss of smell
- Loss of taste

### Habit Changes:

- Not seeing friends
- Not doing things they enjoy

### Cognitive Difficulties:

- Difficulty planning
- Missing appointments
- Losing things
- Getting lost in stores
- Repeating themselves
- Missing bills

## Tips for Starting the Conversation:

The last thing you want is for your parents to feel attacked when you're only trying to help. Come from a place of compassion and curiosity, not concern.

### Ask...

- What are your long-term goals?  
How can I support them?
- Can you walk me through your medications and when you take them?
- What do you usually eat for dinner?
- How do you spend your Sundays?

Let your parents know that you still see them as individuals with their own idiosyncrasies, and not just one-size-fits-all seniors.

### Say, "I know you..."

- ...like things clean, and you said you're having trouble keeping up with housework. Why don't we look into hiring a cleaning service?
- ...can be forgetful, and your medications are a lot to manage. I've found some services that could help.
- ...are a social butterfly, and you've been isolated in your house for months. For fun, let's tour some senior living communities close by to see if you like the social scene.