



## **What Changes Do You See in Mom or Dad?**

Aging is sometimes difficult to see—especially in those you love. Is what is happening to mom or dad normal? Are they able to safely care for themselves without help? What are the best options for care? Most importantly, how can I talk to them about it? So many questions as you navigate this journey. We are happy to help answer some of those questions.

Here are some indicators to watch for in your loved ones that may indicate that they need help at home or in the setting they are living:

### **Weight loss**

Are your loved ones eating? Missing meals can be a sign of depression or dementia. The most common reason, however, is that shopping for and preparing meals might just be too much for them to handle.

### **Poor hygiene**

Does your loved one look disheveled? Is he or she wearing dirty clothes, skipping baths? Sometimes fear of falling in the tub or shower can cause them to neglect their personal hygiene.

### **Decline in home appearance**

What about their home? Are there piles of clutter? Dirty dishes, lots of laundry, unemptied trash, or spoiled food everywhere? If your former “neat-nik” loved one is now living in clutter this is cause for concern.

### **Forgetfulness**

Is your loved one often confused? Over drawing bank accounts, missing bill payments? Do you often need to “redirect” them. This kind of cognitive decline can be

- Problems with medication management
- Mood swings

If you find yourself needing help with an aging loved one, we can help.

- Care management and coordination
- Home care
- Assisted living, Memory care, Enhanced Care and Stay by the Day
- Adult day program

### **Want to get the conversation started?**

Call Orchards of Minnetonka, we can help you navigate different options and resources available!  
952.525.7201