Assessing Your Loved Ones Care Needs

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Assessing Your Loved Ones Care Needs

- Recognizing the warning signs
  - Forgetfulness
  - Untidy household
  - Lonely, unhappy, or irritable
  - Not eating well
  - Lack of interests
  - Fearful, uncertainty, or feelings of helplessness
  - Unsteady or limited mobility
  - Poor personal hygiene
  - Difficulty with bodily functions
Using You Five Senses

- Your five senses provide key indicators or warning signs to help determine if your family members are in need of additional care or assistance.
  - Sight
  - Sound
  - Smell
  - Taste
  - Touch
Sight

• Looking at the senior’s appearance and surrounding can show signs that they are limited either physically or mentally.
  - Are they getting out of their night clothes for the day?
  - Are they wearing clothing with food stains?
  - Notice any change in their grooming habits?
  - Notice any change in their personal appearance or hygiene?
  - Is the house orderly and clean?
Sound

- Listening to what seniors say and how they speak can tell you a great deal about their current mental health.
  - Do they call you by name?
  - Are they speaking normally?
  - Are they up to date on current events/news?
Smell

• Using your nose as an indicator can help determine if your family member is:
  – Bathing properly
  – Participate in normal activates (cleaning their house)
  – Eating regularly (spoiled food in the kitchen)
    ❑ Does their living environment possess any unpleasant odors?
    ❑ Does the refrigerator or cupboards smell?
    ❑ Is there an unusual amount of mail, garbage, clutter, dust, or dirt?
Taste

- Tasting their food and sorting through their medications can help you determine if they are eating healthy or even worse, taking expired medicine.

  - Do they have fresh and stocked pantry items?
  - Look at expirations dates on food and medications.
  - Are their many different prescriptions?
  - Do the medications come from several different doctors and pharmacies?
Touch

• A simple hug could tell you that your family member is frail, losing weight and putting themselves in jeopardy of injury or malnourishment from not eating right.
  - Do they appear healthy?
  - Touch their sink
    - Is it soft, supple and is the color normal
  - Do they have unusual tearing or bruising of the skin?
  - Are they losing weight?
Analyzing Your Findings

• Review indicators
• Take appropriate next steps
  – Research options
    • Look for solutions that will keep your loved one safe, healthy, and happy in their own home
  – Develop a plan
  – Engage family members and aging loved one in the decision making process
Assessing Your Home-Care Needs

• Options available for home-care
  – **Personal Care:** bathing, eating, dressing, toileting
  – **Household Care:** cooking, cleaning, laundry, shopping
  – **Health Care:** medication reminders, physician’s appointments, physical therapy appointments
  – **Emotional Care:** companionship, meaningful activities, conversation

• Create a plan of care that addresses the needs of your loved one
Wrap-up

~ Questions ~