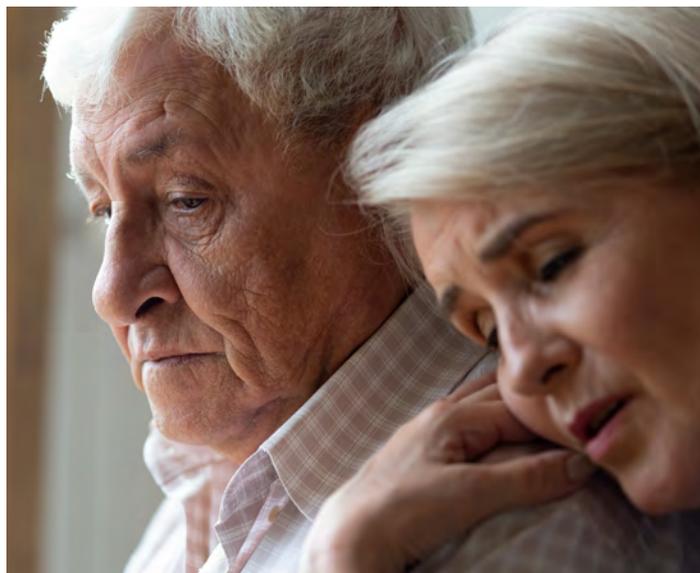


12 SIGNS YOUR AGING PARENT NEEDS HELP

How will you know when your elderly parents need help at home? One thing is certain: your parents aren't likely to be the ones who tell you they need a helping hand!

Admitting the need for help and accepting assistance are not easy for people as they age. The responsibility often falls on family members to recognize the signs that an aging loved one might need support with completing activities of daily living (ADLs).



It might be time to start regularly monitoring your parents' physical and mental abilities and researching long-term care options if they begin showing these signs of needing help:

1. They have trouble getting up from a seated position.
2. The yard and house aren't being taken care of.
3. The inside of the house becomes uncharacteristically cluttered, disorganized, or dirty.
4. There's a stack of unpaid bills.
5. They seem disheveled, or their hygiene has suffered.
6. There's a lack of fresh, healthy food in the house.
7. There's been a change in their general mood, or they've lost interest in hobbies and activities.
8. They've been increasingly or uncharacteristically forgetful.
9. You notice unexplained bruising, which could indicate they've been falling.
10. They've become more forgetful, perhaps missing important appointments.
11. They've noticeably gained or lost weight.
12. You've noticed they have been feeling depressed or having little energy.

Could your loved ones use some assistance safely navigating their life?

For 50 years Access Mobility has been serving the Indianapolis area by building lasting relationships with our customers. With a true focus on customer satisfaction, not insurance coverage, we will always strive to provide you and your loved ones with superior products and the best buying experience possible.

REACH OUT TODAY SO OUR TEAM CAN HELP YOUR AGING PARENTS WITH THEIR MOBILITY NEEDS.

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