



4 Signs Mom Or Dad May Need Home Care – What To Look for This Holiday Season

During holiday visits – and any time of year – there are indicators that your aging mother, father, relative, or friend may need home care to live safely and stay healthy. Here are some warning signs to look out for when you visit:

1. HOUSEHOLD✓

- Unopened mail and unpaid bills
- Extreme clutter, trash not taken out
- Urine smell in house
- Spoiled or not enough food in refrigerator
- Car with new dents or scratches – difficulty driving

2. APPEARANCE✓

- Soiled or wrinkled clothes
- Uncombed hair
- Body odor
- Weight loss
- Bruises on arms or legs

3. MENTAL STATE✓

- Missing appointments
- Forgetfulness
- Mood swings – anger or introverted
- Not taking or taking too much medication
- Repeated questions or difficulty conversing
- Phone calls in the middle of the night
- Seeing or talking to deceased friends or family
- No socializing with friends

4. PHYSICAL STATE✓

- Difficulty with mobility
- Struggle to sit up from chair
- Loss of interest in activities
- Change in eating habits – appetite loss

To learn more about home care and to find accredited New Jersey home care providers, visit www.cahcnj.org. The Commission on Accreditation for Home Care (CAHC) has been protecting the interests of home care consumers and supporting quality home care agencies since 1986. We are New Jersey's largest and only state-based home care accreditation program, CAHC can help you answer your questions and find an accredited home care provider.