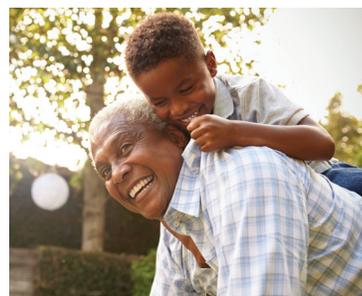


Are Mom and Dad Showing Signs That They Need Some Support?

What to Look for from Your Loved Ones

- Are your parents able to perform basic tasks?** Dressing, feeding themselves, going to the bathroom on their own, and personal grooming?
- Are bills unpaid?** Unopened mail and unpaid bills can be a sign of cognitive impairment, financial problems, or vision loss.
- Car accidents?** Are there a few more dents in the car or garage? It may be time to discuss driving.
- Has their appearance changed?** Check for noticeable changes in appearance, such as wearing the same clothes over and over, weight gain/loss, dirty clothes, or hair.
- Is their home in disrepair?** Spoiled food, mildew, expired foods and medications, and lots of clutter are all signs your parents might need some support.
- How's their nutrition?** Is the food in their refrigerator nutritious or are your parents frequently eating cereal, sandwiches, and processed microwave foods?
- Are your parents taking their medication?** Be sure to check for expired medications, unopened bottles, or past due refills. Check supplements for expiration dates, also.
- Are your parents starting to fall?** Senior injuries often occur due to accidental falls or running into furniture. A significant number of injuries can be a sign your parent is struggling with mobility.
- Have you noticed any mood swings or personality changes?** Depression and anxiety are common in seniors, especially during the holiday season. Take special note to watch for irritability and forgetfulness.



Did You Check a Few Boxes?

If so, let us help you evaluate what your parents need through our trained Navigators. They have the knowledge and expertise to know if your loved ones are ready for Assisted Living or Memory Care. We want to help and we will be there with you every step of the way.



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