

# Who Needs Home Care? You Might!

## Signs of someone in need

- Aging individual living alone
- Concern about home safety
- Frequent falls
- Decline in personal hygiene
- Forgetting to take or improperly taking necessary medications
- Frequent hospitalizations and/or Dr. visits
- Frequent phone calls to family for assistance
- Lack of support system
- Requires home medical equipment
- Bowel or urinary incontinence
- Cognitive decline
- Inability to utilize kitchen appliances
- Unable to prepare meals
- Improper food storage and handling
- Isolation of self/spouse, long periods of time between contacts with outside sources
- Unable to grocery shop, pay bills

- Significant weight loss
- Insufficient fluid intake/dehydration
- Incidence of skin breakdown “bedsores”
- Difficulty ambulating with or without assistive devices
- Prone to agitation or disoriented results in need for protection
- Recent diagnosis or hospitalization requiring significant lifestyle changes