

Knowing When to Get Help

BEST IN-HOME CARE suggest that you consider the following when deciding if its time to get help:

Physical Condition:

Have you or your loved one been diagnosed with a medical condition that affects their daily living? For example, dressing, grooming, shaving, toileting, eating.

Personal Care:

Are baths/showers being taken regularly? Is there any body odor? Are teeth and hair brushed and washed regularly? Are incontinence products worn if necessary and changed regularly and correctly?

Driving:

Has driving become difficult, uncertain or scary? Have reflexes and decision making slowed? Have new dings, dents or scratches appeared on vehicles?

Household Tasks:

Are household chores being done regularly? For example, dusting, laundry, vacuuming. Are bed linens changed regularly? Have household chores become frustrating, physically demanding, or time consuming?

Medication:

Are medications being taken regularly and on time? Are medications being refilled on schedule? Does the senior understand what the medications are being taken for?

Safety, Security and Sanitation:

Are appliances being left on such as the stove or coffee pot? Does the senior fall asleep with cigarettes burning? Is the house allowed to get too hot or too cold? Is the house always unlocked? Has the senior fallen in the past 6 months? Have there been multiple falls? Is there clutter on the floor? Is trash piling up in or around the house? Are toilets functioning properly? Is pet debris evident?

Caregivers are licensed and bonded with criminal background checks for your peace of mind.

Contact **BEST IN-HOME CARE** for more information.

806-368-7985



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Best In-Home Care

Because home is where the heart is

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