



NINE SIGNS It's Time for In-Home Care

BY TASHA ROBINSON, LPN

If you have an aging parent, friend, or neighbor, you understand the value of stopping by their home from time to time, bringing conversation; a smile; and, on occasion, groceries! Your visits likely help in even more ways than you think.

Seemingly small favors, like resetting clocks for daylight saving time, standing on a stepstool to change a smoke-detector battery, checking the refrigerator for expired foods, and taking out the trash, help keep people comfortable in their home, where they

want to be. Over time, especially if your loved one has signs of Alzheimer's disease or dementia, their need for small favors will grow. They may need someone to sort medications, refill prescriptions, and drive them to medical appointments. They may need help around the house more often and more immediately. It's not just a matter of comfort, but of safety.

Eventually, there's a tipping point. Family and friends simply cannot be there as often as help may be needed, and may lack the ability or comfort level

to help with personal care, medication assistance, and meal prep. They worry about their loved one and feel guilty that they can't do more, and the person who needs more help may find it tough to stay in control of their everyday life while relying on favors. If you or the person you love wants to stay safe and independent at home, hiring a trusted home care organization may be a good next step.

Here are the nine signs that you or someone you love may be ready for nonmedical, in-home support.

1. It has become difficult or exhausting to keep up with household chores, preparing meals, and cleaning.
2. Loss of mobility, vision, hearing, or memory has made it hard to care for one's self.
3. Concern regarding the safety when using the shower or bathtub.
4. A fall or surgery requires help at home during recovery.
5. It's a struggle to take needed medications as prescribed.
6. The individual cannot drive safely.
7. Appointments are sometimes forgotten or missed due to lack of transportation.
8. The wish for company and conversation.
9. The individual doesn't want to rely on favors from family or friends.

- Exercise support and diet monitoring
- Housekeeping, laundry, and meal prep
- Grocery shopping and other errands
- Companionship

With the right kind of help, you or your loved one can continue living at home safely and independently.

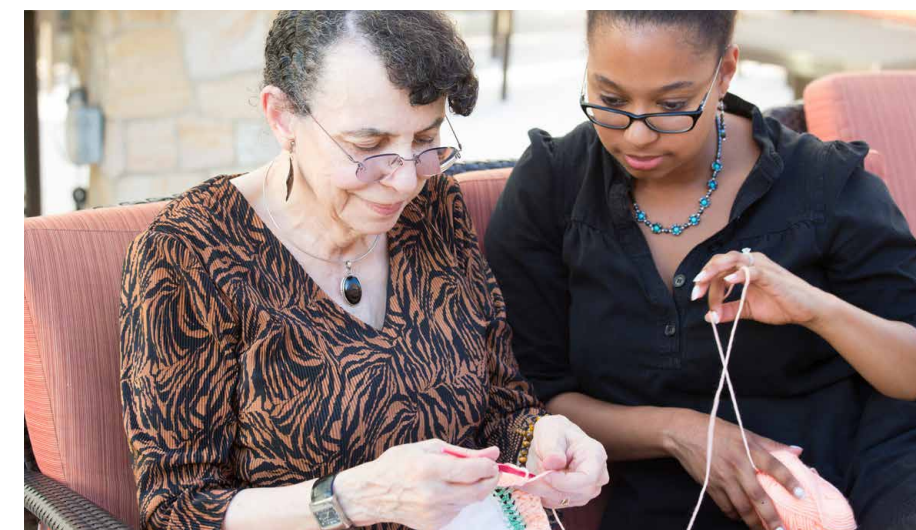
Tasha Robinson, LPN, is the executive director of Age at Home by Agrace.

Photographs provided by Agrace.

Age at Home provides nonmedical, in-home care from a trusted nonprofit organization—Agrace. Whether it's for yourself or a loved one, you choose the Age at Home services that will support the way you want to live. To learn more or request a free home-safety check, visit ageathome.org or call (608) 327-7456.

If these signs sound familiar, help is available. A professional in-home caregiver can help with daily needs, such as:

- Personal care: showering, shaving, and dressing
- Medication reminders



ABUSE & NEGLECT

Under Wisconsin statutes, elder abuse and neglect includes physical, emotional, financial, and sexual abuse/assault.

ADULT PROTECTIVE SERVICES – ADULT/ELDER AT RISK
(608) 261-9933
danecountyhumanservices.org

COMPLAINTS PERTAINING TO THESE WISCONSIN PROVIDERS

- Assisted-living providers: Adult Day Centers, AFHs, CBRFs, and RCACs (608) 264-9888 or (800) 642-6552
- Caregiver misconduct: noncredentialed caregivers, credentialed staff, and professional staff (608) 261-8319 or (800) 642-6552
- Home health and hospice agencies (608) 267-1441 or (800) 642-6552
- Health and residential care providers: adult day care, ambulatory surgical centers, clinical laboratories, corporate guardianships, hospitals, outpatient rehabilitation, pain clinics, personal care agencies, and rural healthcare clinics (608) 266-8481 or (800) 642-6552
- Mental health and substance abuse treatment programs (608) 266-2717 or (800) 642-6552
- State-licensed nursing homes (608) 266-7474 or (800) 642-6552

ELDER ABUSE AND NEGLECT HELPLINE
(608) 261-9933 or 911

FINANCIAL ABUSE SPECIALIST TEAM (FAST) HELPLINE
(608) 261-7326
danecountyhumanservices.org

ADRCs

ADRCs (Aging & Disability Resource Centers) can help make connections to resources about in-home personal care and nursing, housing options, housekeeping and chore services, home modifications, adaptive equipment, transportation, health, nutrition, home-delivered meal programs, Medicare,