

## 10 Signs of Trouble

The [Home for the Holidays](#) web conference will offer resources and information for family caregivers and senior care professionals. The event will be moderated by a representative from the Home Instead Senior Care® network, hosted by the American Society on Aging, and co-sponsored by the National Family Caregivers Association (NFCA) and National Alliance for Caregiving (NAC). The web conference is Nov. 15 or Dec. 5. For more information, go to the [Upcoming Educational Opportunities section of CaregiverStress.com](#)

Following are 10 signs that a senior might need more help at home:

1. A change in appearance or condition of the home – If Mom never cared much about her house, the fact that it's a little messier than usual might not indicate a problem. However, if the house was always spotless and decked out for the holidays, a messy home might mean trouble is brewing.
2. Clutter – Piles of magazines or clothing could be an indicator that an older adult needs more help.
3. Dirty or unkempt clothing – Lack of interest in appearance can be a sign of depression in a senior.
4. Unpaid bills – A pile of unpaid bills or correspondence is an alarming sign that could require a family caregiver to intervene immediately in the best interest of a loved one.
5. Fresh food replaced with junk food – A senior who loses interest in cooking sometimes resorts to junk food.
6. Spoiled food in the fridge or freezer – Spoiled food could be an early sign that a senior no longer has an appetite and is not eating properly.
7. Bugs or rodents in the home – An older adult who no longer can clean a home properly may be vulnerable to bugs and rodents.
8. Confusion – Disorientation could be a sign of dementia, a problem with a medication or another medical issue that needs to be assessed by a doctor.
9. Unfilled prescriptions – Seniors could be forgetting to take their medications or cannot afford to refill them.
10. Spills on floors and countertops – Older adults with mobility problems may no longer be able to clean up spills, reach high places to dust and change light bulbs, and bend under beds to take care of messes.

### About Home Instead Senior Care

Founded in 1994 in Omaha by Lori and Paul Hogan, the Home Instead Senior Care® network is the world's largest provider of non-medical in-home care services for seniors, with more than 900 independently owned and operated franchises providing in excess of 45 million hours of care throughout the United States, Canada, Japan, Portugal, Australia, New Zealand, Ireland, the United Kingdom, Taiwan, Switzerland, Germany, South Korea, Finland, Austria, Italy and Puerto Rico. Local Home Instead Senior Care offices employ more than 65,000 CAREGivers<sup>SM</sup> worldwide who provide basic support services – assistance with activities of daily living (ADLs),