



Celtic Angels Inc.

PERSONALIZED HOME HEALTH CARE AGENCY

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TELL-TALE SIGNS YOUR AGING PARENT MAY NEED HELP

- Unexplained bruising
- Getting around the house and up and down stairs is difficult and has had some falls
- Safe driving becomes a concern or unexplained dents on their car
- They become easily confused or lost in familiar places
- Reluctant to leave the house to visit family or friends or run usual errands
- Meals are missed or not eaten at regular times and food on hand is outdated
- Bills go unpaid or are often paid late
- Household repairs and maintenance are ignored
- Personal hygiene declines; unkempt hair and nails, body or urine odor; and wearing the same clothes day after day
- Household chores, like laundry or cleaning, go ignored or become too difficult or tiring to do themselves
- Loses track of medications, misses doses or makes mistakes like overdosing and interactions
- Does not recognize emergencies or know the appropriate response; makes mistakes like leaving the stove turned on or other dangerous oversights

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