



5 Early Signs Your Parent May Need More Help

A Family Caregiver's Early Warning Checklist



Helping you find
answers, resources,
and *peace of mind*
for your aging parents.

♥

- CARE NAVIGATION
- COMMUNITY RESOURCES
- HEALTHCARE SUPPORT
- PEACE OF MIND

♥ You don't have to do it alone. We're here to help every step of the way. *Because they gave so much. You deserve support.* ♥

Michelle Berry, RN

Founder | Aging Parent Resource Hub

www.AgingParentResourceHub.net

Sign #1: Memory Changes or Confusion



Watch For

- Frequently forgetting recent conversations
- Asking the same questions repeatedly
- Misplacing everyday items
- Becoming confused about dates or places

What You Can Do

- ✓ Keep a written calendar or planner.
- ✓ Use medication organizers and reminder alarms.
- ✓ Schedule an appointment with the primary care provider.
- ✓ Encourage healthy sleep, hydration, and regular routines.

RN Insight

Not all memory changes are caused by dementia. Medication side effects, infections, dehydration, vitamin deficiencies, and depression can also affect memory. A healthcare evaluation is the best first step to determine the cause.

Sign #2: Trouble Walking or Frequent Falls



Watch For

- Holding onto furniture while walking
- Bruises with no clear explanation
- Trouble getting up from a chair
- Fear of walking or going outside

What You Can Do

- ✓ Schedule a medical evaluation.
- ✓ Remove trip hazards in the home.
- ✓ Encourage proper footwear and mobility aids if needed
- ✓ Ask about physical therapy for strength and balance.

RN Insight

Balance problems aren't always "just old age." Medication side effects, vision changes, inner ear problems, and neurological conditions can all affect mobility. Early evaluation can help prevent serious falls.

Sign #3: Medication Mistakes



Watch For

- Missed doses or taking extra medication
- Confusion about medication schedules
- Unopened prescription bottles
- Running out of medications too soon

What You Can Do

- ✓ Review medications together regularly.
- ✓ Use a weekly pill organizer.
- ✓ Set reminders on phone or smart device.
- ✓ Ask the pharmacist about blister packaging.

RN Insight

Medication errors are one of the leading causes of preventable hospital visits for older adults. A simple medication routine can greatly improve safety.

Sign #4: Weight Loss or Poor Nutrition



Watch For

- Noticeable weight loss
- Spoiled or expired food in the refrigerator
- Loss of appetite
- Difficulty preparing meals

What You Can Do

- ✓ Keep healthy, easy-to-prepare foods available.
- ✓ Eat meals together whenever possible.
- ✓ Discuss appetite changes with their healthcare provider.
- ✓ Explore community meal delivery programs if needed.

RN Insight

Poor nutrition may be caused by memory problems, dental issues, medication side effects, depression, or difficulty shopping and cooking. Identifying the cause early can prevent further health decline.

Sign #5: Social Withdrawal or Mood Changes



Watch For

- Avoiding family or friends
- Loss of interest in hobbies
- Increased sadness, anxiety, or irritability
- Sleeping much more or less than usual

What You Can Do

- ✓ Check in regularly with short visits or phone calls.
- ✓ Encourage participation in social activities.
- ✓ Listen without judgment and validate their feelings.
- ✓ Discuss concerns with their healthcare provider.

RN Insight

Social withdrawal isn't simply a normal part of aging. Depression, loneliness, hearing loss, cognitive decline, and medical conditions can all contribute. Early support can make a significant difference.



What to do next

Noticing one or more of these signs doesn't necessarily mean your loved one is seriously ill—but it does mean it's time to pay closer attention.

The earlier concerns are recognized, the more options families often have for getting the right support and planning ahead.

If you're feeling overwhelmed or unsure where to start, you don't have to figure it out alone.

I'm here to help.

Michelle Berry, RN

Founder | Aging Parent Resource Hub

Helping families:

- Navigate the healthcare system
- Understand medical recommendations
- Find community resources
- Create a plan of care with confidence

Schedule your FREE 15-minute consultation

 AgingParentResourceHub.net



Meet Your Patient Advocate

Michelle Berry, RN

With more than 14 years of nursing experience, I've helped patients and families navigate the often-overwhelming healthcare system. I created Aging Parent Resource Hub because I believe caregivers deserve trusted guidance, practical resources, and peace of mind while caring for an aging loved one.

I can help you with:

- Understanding medical recommendations
- Finding community resources
- Coordinating care
- Preparing for difficult healthcare decisions
- Creating a personalized action plan
- Understanding Medicare and insurance options

You don't have to navigate this journey alone. I'm here to help.

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