



Aging. It's difficult to see—especially in those you love. What are the signs of normal aging . . . of Alzheimer's and other dementia? Can your parents or loved ones care for themselves without help? What kind of help is best? Where can you go to get it? How can you tell if your loved ones need help (even when they insist they don't)? And even more importantly, how can you talk to them about it?

Here are some indicators to watch for:

Weight loss

Are your loved ones eating? Missing meals can be a sign of depression or dementia. The most common reason, however, is that shopping for and preparing meals might just be too much for them to handle.

Poor hygiene

Does your loved one look disheveled? Is he or she wearing dirty clothes, skipping baths? Sometimes fear of falling in the tub or shower can cause them to neglect their personal hygiene.

Decline in home appearance

What about their home? Are there piles of clutter? Dirty dishes, lots of laundry, unemptied trash, or spoiled food everywhere? If your former "neat-nik" loved one is now living in clutter this is cause for concern.

Forgetfulness

Is your loved one often confused? Over drawing bank accounts, missing bill payments? Do you often need to "redirect" them? This kind of cognitive decline can be

- Problems with medication management
- Mood swings

If you find yourself needing help with an aging loved one, Fairview Health

Services can help.

- Care management and coordination
- Home care
- Assisted living and memory care
- Adult day program

Contact Us for more information

Want to get the conversation started? Get a FREE copy of the book “Mom, Dad...Can We Talk?” visit go.fairview.org/book or contact Orchards of Minnetonka at 952.525.7201 We can help answer your questions.