

Caring For Elderly Parents at Home



We all want our elderly parents to feel safer and enjoy living in their own home. Caring for seniors, especially those who wish to remain in their homes, may require precautions or additional services that family caregivers should know.

Top 10 caring tips you can use for elderly parents at home

While aging in place offers the benefit of being able to remain in a familiar location, it can also be challenging when it comes to household maintenance like cleaning and keeping a safe environment. Here is a checklist of elder care at home.

1. Ask your loved one to sign a release so you can speak to their healthcare team and have the contact information for their physician, specialists, and local hospital
2. Get up-to-date information on your family members' prescription and over the counter medications
3. Secure your own copies of legal documents like advance directives, living wills, social security, health insurance, etc.

4. Assess home safety on your next visit to eliminate fall hazards and check the fire extinguishers, smoke and carbon monoxide detectors
5. Investigate local organizations that specialize in home modifications or improvements for seniors
6. If your parent lives alone or is at risk of a fall, consider a medical emergency response system with automatic fall detection that calls for help even if your loved one can't.
7. Check out options for transportation, including ride-hailing apps
8. Support good nutrition by signing up for meal or online grocery delivery services
9. Create a care circle – a group of family, friends and professionals – who help you support your loved one
10. Equip your loved one's cell phone with apps for easy video communication with family and friends to reduce isolation and schedule regular phone calls

Services To Make Aging in Place Easier For Seniors

To make life easier for a senior aging in place, consider looking into and implementing one or more of the following helpful services:

- Lawn Care Services
- Grocery Delivery
- Online Shopping Platforms & Services
- In-Home Personal Care
- Meal Preparation Program

Visit www.lifeline.ca to download a free Complete Guide to Caring for an Elderly Parent

Lifeline

Falls can happen at any time.

Lifeline with Fall detection can automatically detect a fall and call for help.¹

Call Today :

THOMPSON LIFELINE

1-888-339-6588 or 250-374-3540

Mention code **1426** and receive a **FREE MONTH²**

[1] Equipment may not detect all falls. [2] Offer available at locally participating programs and valid for new activations only. Not to be combined with any other offer. Some restrictions apply. Offer subject to a three month term. Offer Expires December 2023.

