



8 warning signs that your loved one should not live alone.



Poor Eating

Senses dull as we age, reductions in sight, taste, and smell can make it difficult for seniors to find food appetizing or even see it clearly enough to eat. Loneliness, medications or Alzheimer's may also contribute to poor eating habits.



Poor Hygiene

Poor personal hygiene can lead to skin infections with bacteria and parasitic infections of the skin and hair. Unclean hands, utensils and dishes can increase the chances of diseases like food poisoning and gastroenteritis.



Medication Mistakes

Seniors are at risk for overdosing due to declines in memory. When seniors take many medications, it's easy to lose track and accidentally double up or sometimes skip doses.



Unable to Dress

Being unable to get dressed due to arthritis, stroke, broken bone, bad back, or dementia among other conditions can affect hands, arms, legs, or torso, preventing seniors from manipulating clothing and their bodies



Mobility

Limited mobility increases when seniors adopt sedentary lifestyles. Contributing issues include cardiovascular, arthritis, diabetes, balance impairment, low activity, and weakened strength.



Frequent Falls

Preventing a fall is a common challenge in the elderly as weak bones, loss of balance, medications, vision problems, foot pain, and chronic diseases can cause higher risk of fractures and head injuries.



Socialization

Loneliness and social isolation lead to a higher risks of health issues such as depression, cognitive decline, dementia, heart disease and more. Human beings are social creatures, our connection to others enables us to survive and thrive.



Safety & Security

Older adults are at risk for falls on stairs or rugs, burns from scalding water or cooking, fires caused by appliances, poisoning from medication mistakes, and physical or financial abuse from strangers.



For more information contact Parsons House Austin, an Independent and Assisted Living community that offers assistance with these warning signs:
Call 512.454.0524 or visit ParsonsHouseAustin.com