

When Should I Call for Help?

Small changes worth noticing before they become a crisis

You may be noticing little things and wondering whether they actually mean anything. One change may not be a reason for concern, but several small changes—or the same thing happening repeatedly—can be a sign that it is time to add some support.

Safety and mobility

- ☐ A fall, near-fall, or unexplained bruise
- ☐ Difficulty getting out of a chair, using stairs, or getting into the shower
- ☐ Holding onto walls or furniture instead of using a walker
- ☐ New concerns about driving

Personal care and daily routines

- ☐ Bathing less often
- ☐ Wearing the same clothing repeatedly
- ☐ Missing appointments
- ☐ Laundry, dishes, mail, or paperwork beginning to pile up
- ☐ Medication routines becoming confusing

Meals and nutrition

- ☐ Skipping meals
- ☐ Losing weight
- ☐ Food expiring in the refrigerator
- ☐ Eating mostly snacks or convenience foods
- ☐ Having food available but not eating because there is no one to eat with

Family strain

- ☐ One person is coordinating nearly everything
- ☐ A spouse is physically or emotionally exhausted
- ☐ Adult children are missing work or neglecting their own health
- ☐ There is no backup plan if the primary family helper is unavailable

If the current arrangement only works because you are doing everything, that is also a sign that help may be needed.

What concerns us most right now?

You do not have to wait until you are completely sure. Call after a fall, before an upcoming surgery, when meals are being skipped, when a spouse is exhausted, or when you keep wondering what would happen if you could not show up tomorrow.

From the Sunland HOME Plan

Honor What Matters.

Observe the Pattern.

Map the Next Best Step.

Engage the Right Support.

Not sure what your parent needs? Tell us what you're seeing. We'll help you think through the next step.

Call Sunland Home Care:
480-447-8893



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SunlandHomeCareAZ.com
480-447-8893



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