


Is it time to
consider hiring
elder care staff?





One day our parents
will not be able
to take care
of themselves.

They will be more
and more tired, start
forgetting things and
the most common flu
will be a disaster.

It might be painful
to think about these
years, but it's better
to be prepared.

You want to be the
perfect child and solve
everything by yourself,
but getting outside help
might be a much better
idea.



So, when is it time
to consider hiring help?



❖ They are not able to manage alone
physiotherapy exercises

❖ They are on medication, but are not taking it regularly

❖ You are not able to maintain their daily activities program by yourself

❖ They are not able to climb the stairs or walk longer distances, or they have unexplained bruises

❖ They are not able to change their own clothes

❖ They are not able to bathe themselves, or their personal hygiene is poor

❖ They lost the ability to prepare meals and eat alone, and their weight is not proper

❖ When driving they endanger themselves or others

❖ The house is not in the usual proper order, and they cannot maintain it clean



Having a person near your dear ones ensures that they can have full, rich relationships and do not suffer from loneliness.



❖ They are not able to handle sharp objects without hurting themselves

❖ They endanger themselves or others by forgetting the gas stove on, or flooding the house, or blowing up the electrical devices

❖ Their memory is not that good anymore

❖ You feel they are an easy target for thieves

❖ They need somebody for small errands, and they cannot take care of daily financial routine

❖ Inappropriate behavior, clothing or speech

❖ They have no socializing options (like neighbors, close friends or other family members able to maintain a regular visit schedule)

❖ They feel alone, maybe depressed and need companionship

❖ In case of small accidents they are not able to call for help



Don't let illness or other unfortunate events make you realize your dear parents need immediate help.

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