



# Senior Care Navigation

*Call the Senior Care Navigation hotline with any concern or question, and we will help identify your options and connect you to the right resources for you, saving you time, heartache, and money.*



Whole Person Senior Care



**ESI**  
Member Benefits

**855-345-3317 | [lifesprk.com/EdMNnav](https://lifesprk.com/EdMNnav)**

## 8 Warning Signs Your Parents Need Help

### *When to Call Senior Care Navigation*

Proactive planning is a powerful way to make sure that nothing gets in the way of optimizing your parent's health and well-being . . . or your own. Avoid a health care crisis before it happens and safeguard everyone's wellbeing by knowing some of the warning signs:

#### **Are your parents able to take care of themselves?**

*Are they keeping up with daily routines such as bathing and brushing teeth? Are the lights working? Is the heat on? Is the yard overgrown?*

#### **Are your parents safe in their home?**

*Do your parents have difficulty navigating a narrow stairway? Are they able to read directions on medication containers?*

#### **Are your parents safe on the road?**

*If your parents become confused while driving or you're concerned about their ability to drive safely, it might be time to stop driving.*

#### **Are your parents in good spirits?**

*Note your parents' mood and ask how they are feeling. A drastically different mood or outlook could be a sign of other health concerns.*

#### **Are your parents social?**

*Are they connecting with friends, continuing with hobbies, involved with clubs or organizations, or getting out of the house?*

#### **Are your parents able to get around?**

*Pay attention to how they are walking – are they reluctant to move around? Have they fallen recently?*

#### **Are your parents experiencing memory or cognition issues?**

*There's a difference between normal changes in memory and the type of memory loss associated with Alzheimer's disease and other types of dementia.*

#### **Have your parents lost weight?**

*Losing weight without trying could be a sign something's wrong.*

**Think your parents might be experiencing a few of these signs? Use your free Senior Care Navigation benefit.**