

Your loved one and aged care

WHAT ARE THE SIGNS TO LOOK FOR?

It's not always obvious when your loved one needs more support. Many people wait until a crisis has occurred before seeking support, however, this could be too late.

Early recognition of subtle changes and early intervention are critical in helping reduce preventable health issues, thus helping maintain your loved one's quality of life and wellbeing for longer.

Below is a checklist to help you recognise early detection signs.

Tick all that apply

1. Physical Changes:

Has difficulty moving around the home (e.g. leans on furniture or walls to move around the room, is noticeably slower, etc)

Has a cut or bruise from a fall

Looks unsteady on their feet or has had a fall

Strains to sit in a chair or get out of bed

Complains about the difficulty of simple tasks (e.g. walking upstairs, using a can opener or carrying something from a shelf)

Unintentional weight-loss

Expresses being in consistent or intense pain.

2. Personality Changes:

Provides an increasing level of reasons or excuses for not doing something that would normally be typical for them to do.

There have been changes in habits or routines (e.g. is more housebound or is not as sociable as usual).

Shows less interest in activities that would normally be a passion (e.g. cooking, gardening, painting, meeting friends).

Excessive forgetfulness (such as forgetting more often than usual to go to appointments, take medication, pay bills, location of keys or turn off appliances).

Has become short tempered, withdrawn or expresses a desire to die.

3. Home hygiene and grooming changes:

Appears less groomed than normal (e.g. hair looks dirty, untrimmed nails, dirty clothes, noticeable body odour, stopped showering as often)

The home appears dirtier or messier than normal.

The fridge or cupboards have an excess of spoiled food, has a lack of fresh food compared with normal.

4. Health Changes: (Please note: any ticks here could indicate a need for higher support levels such as residential aged care)

Has recently received hospital treatment or has frequent calls to the ambulance or medi-call systems for help.

Has recently had a health incident (e.g. broken bone from a fall, surgery, etc.)

Has recently received a diagnosis that will require ongoing or increasing levels of support.

If loved ones are providing care, but are showing signs of carer stress (such as being overwhelmed, anxious or resentful).

If you have ticked any of the above, our skilled care professionals can help.
Call us today on 1800 225 474 or visit catholichealthcare.com.au