

Early Signs Your Aging Parent May Need Support



As parents age, small lifestyle changes can start to have an outsized impact on their wellbeing. Noticing these minor shifts in daily life, and getting help early, can help improve their quality of life in the coming years.

Decline in Personal Hygiene or Appearance

If your parent is neglecting their appearance, or avoiding the bath, it could be a sign of physical limitations. Changing personal hygiene can stem from arthritis, instability, excessive fatigue, and memory issues.

Weight Loss or Poor Eating Habits

For parents that cook regularly, an empty fridge and cabinets full of expired food can indicate a limited ability to cook, shop, or manage personal nutrition. A significant decrease in weight can also indicate undiagnosed medical or emotional difficulties.

Memory Problems or Increased Confusion

While occasional forgetfulness is common for people of all ages, a consistent inability to remember dates, medication timing, or daily chores could signal cognitive decline. Take notice when parents begin to repeat questions, lose everyday items, or seem unable to follow conversations.

Trouble Moving or Changes in Balance

Falling is a leading cause of injury in older adults. When parents lean against walls or furniture for support, avoid stairs, and verbally complain about dizziness, a mobility issue may be the cause. Diagnosis and a clear treatment plan can help to avoid the cascading medical issues that stem from a fall.

Social Withdrawal or Mood Changes

Developing emotional health issues can often go unnoticed, or be written off as temporary mood shifts. If your parent has been abnormally quiet, less engaged in conversation, or uninterested in activities they once participated in without question, they may be developing a mental health concern. Be sure to watch for these signs after the recent loss of a spouse, friend, or family member.

Need Help Navigating What's Next?

RiverSpring Living is here to guide you. With a full continuum of care and expert advisors, we'll help you find the right fit—so your next chapter feels just right.

Learn more at [RiverSpringLiving.org](https://www.RiverSpringLiving.org)
or call **917-277-3753**.

