

Signs an elderly person is declining

You may have noticed signs of decline in your elderly loved one but it can be difficult to know if they are coping, or need more support. We recommend looking for the following signs of decline when deciding if your loved one needs in-home care:

1. Difficulties with daily living

If your loved one is struggling with basic daily tasks such as keeping their home clean and tidy, upkeep of their home exterior or garden, managing their medication, food shopping, meal preparation and eating; these may be signs that they need help.

2. Changes in appearance

A noticeable decline in personal hygiene may indicate that your loved one is struggling to manage. You may notice a reduced effort in their personal appearance, including wearing dirty clothes, not bathing or brushing their hair.

3. Forgetfulness and cognitive decline

Memory loss and cognitive decline can impact a loved one's ability to manage their daily life. Look out for increased forgetfulness, confusion or difficulty in making decisions, it may be a sign that they need additional support. Look out for signs such as unopened post, unpaid bills, an empty fridge, unreturned phone calls or regularly getting lost when out walking or driving.





4. Health problems

Limited mobility or difficulty in getting around the house can pose a significant risk to your loved one's safety. Be mindful of challenges with walking, getting in and out of bed or moving around the home. Also look out for signs of a decline in their overall health, such as sudden weight gain or loss, fatigue, bruising from falls, hearing or vision loss and complaints of dehydration, muscle weakness, insomnia or excessive sleeping.

5. Loneliness and social isolation

Elderly people often face social isolation, especially if they live alone. If your loved one is showing signs of loneliness, depression, or withdrawal from social activities, our Care Assistants can provide companionship and emotional support by engaging them in regular conversation, accompanying them on outings and helping them to maintain a connection with their family, friends and community.

Signs an elderly person is declining will vary from person to person. As elder care experts, our Bright Care team can assess the specific care needs of your loved one and give advice on your options.