

4 Areas Of Support You Can Offer To Your Aging Parents

Description



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Your parents aren't getting any younger. It's something that they and you will have to deal with, that inevitable fact of life that affects us all.

And as your parents get older, it might be that they need your extra help and support in their lives. Where once they did the same for you, you might one day have to return the favor. If you feel too overwhelmed or live too far away to care for your parents, you can utilize the help of an in-home care service. Some home healthcare providers use [home health software](#) to update notes and communicate effectively with clients, so you can have a hands-on approach, even if you live far away. Having an overview of your loved ones' care can give you peace of mind, while supporting an aging parent.

Chances are, you don't need us to remind you of the kinds of support you can offer to them. If you have elderly parents, you might have taken up the mantle of help and support already. It might be that they have come to you themselves to ask for help. Still, a little reminder is never harmful, so consider these areas of support that you might be able to offer your aging parents.

#1: Daily living support

Particularly if your parents are frail and unable to manage certain aspects of their lives themselves, you might want to help them with shopping, making meals, and home maintenance. You might want to transport them to and from medical appointments too, and find them the home help they need for extra assistance with their daily living.

#2: Health support

Some people neglect their health needs as they get older. This might be on a conscious level, or it could be because their ailing health makes them forgetful or unable to help themselves. This is where you can make a difference, as you might be able to recognize the [signs of age-related health issues](#) that they might have missed. You might also have the opportunity to improve their health by encouraging them to exercise, perhaps by inviting them to your family outings. You can encourage them to eat well too, perhaps by arranging a meals-on-wheels service for them. And you can research areas of health advice on their behalf, such as tips on [getting used to hearing aids](#), and suggestions on managing chronic conditions.

#3: Social support

Many older people become isolated and lonely as they age, especially after losing their peers and partner due to age and disease. Such loneliness can lead to depression and other mental health problems, so your support in this area should be considered vital. As a means of help, you might want to phone your parent/s regularly, invite them to family occasions, and visit them whenever you can. There are often senior befriending agencies available too, so get in touch with the relevant charities and businesses on behalf of your parents. And enter terms such as [senior activity centers near me](#) into Google, as you should be able to find local hobby groups that can give your aging parents a social outlet.

#4: Housing support

Many older people prefer to age in place, so if this is possible for your ageing parents, look into ways their homes can be adapted to support their various needs. So, you might install mobility fixtures around their home, for example. On the other hand, your ageing parents might get to the point where they can't manage alone, so you might consider assisted living options very much like [Chestnut Park at Cleveland Circle](#). They are a care home which prides itself on giving your loved one the best possible quality of life. You also have the possibility of them coming to live with you if you are flexible enough to support them yourself. Speak to your parents about their preferences, and seek professional support for further advice.

Thanks for reading.

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