



Mark Sheets

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For more information go to
www.comfortkeepers.com/richmondwest-va
 or call (804) 750-1123.

Home for the Holidays

The holidays are a special time for many families; a time to gather together and celebrate. This time offers a unique opportunity to reevaluate the care needs of the senior members of your family.

Use your five senses. **SIGHT** – Looking at the senior's appearance can be a sign that they are being limited either physically or mentally from completing otherwise normal daily tasks. **SOUND** – Listening to what and how seniors speak can tell you a lot about their current mental status. Don't assume that "old age" is causing these problems; doing so delays in uncovering the real cause. **SMELL** – Using your nose as an indicator can help you determine if your family member is bathing properly, participating in otherwise normal activities (cleaning their house), or whether or not they are eating regularly (if they have spoiled food in their kitchen). **TASTE** – Tasting their food and sorting through their medications can help you determine if they are eating healthy or even worse, taking expired medicines. **TOUCH** – A simple hug could tell you that your family member is fragile, losing weight and putting him or herself in jeopardy of injury or even malnourishment from not eating properly.

There are a number of options available to provide a safe, independent environment for your loved one in partnership with family members. Call Comfort Keepers for a free in-home assessment.

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