

# Conversation Guide

If you witness signs your loved one may need more help, consider how you could start the conversation about getting additional support in a caring and supportive way.

1. Wait until you have time alone to talk with your aging loved one to raise the issue, if possible
2. Have a conversation with other concerned family members so no one feels cut out of the loop, if possible
3. Do some homework on potential resources and solutions before having the conversation with your loved one

## ASK YOURSELF:

- Should your loved one be professionally evaluated?
- Are there modifications that could be made at home to make it safer? (move the bedroom to the ground level, install brighter lighting, clear clutter, etc.)
- Does your loved one need meals or groceries delivered to ensure good nutrition?
- Does your loved one need more support, like regular home health care visits?
- Is it time to consider a move to a more supportive setting?



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# Health and Safety Checklist

Signs that your aging loved one may need increased support include:

- Trouble with balance when walking, getting up from a chair or using stairs
- Neglect of housecleaning or personal hygiene
- Recent injuries such as cuts, bruises or burns
- Forgetfulness and losing things
- Piles of unopened mail
- Weight loss or gain
- Old and expired food
- Late notices for utility or other bills
- Car dents or scratches
- Overuse or underuse of medications

If you checked one or more of the above signs, call the Senior LinkAge Line at 1-800-333-2433.

You can get help evaluating the situation and learning about local resources that could help.



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