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Are Your Parents S.A.F.E.?

Questions to evaluate your aging parents emotional and physical health

If you plan to see your aging parents over the holidays, it is a great opportunity to check in on their mental and physical health. The below list includes specific questions to ask yourself when evaluating your parent(s)' living situation. We call it The S.A.F.E. List.

Safety

- ✓ Are the lights working?
- ✓ Is the heat on?
- ✓ Has the well-maintained yard become overgrown?
- ✓ Are there dirty dishes in the sink?
- ✓ Are the pots scorched?
- ✓ Is their home cluttered with piles of newspapers and magazines?
- ✓ Is there food in the refrigerator is uneaten or spoiled?
- ✓ Are your parents having difficulty navigating the narrow stairway?
- ✓ Have your parents mentioned any recent falls or injuries?

Appearance

- ✓ Have they lost weight?
- ✓ Are your parents' clothes clean?
- ✓ Do your parents appear to be taking good care of themselves?

Frame-of-Mind

- ✓ Do they seem withdrawn or blue?
- ✓ Are they still connecting with friends?
- ✓ Have they lost interest in hobbies and other daily activities?
- ✓ Are they involved in social organizations or clubs?
- ✓ If they're religious, do they attend regular services?

Effort

- ✓ Are they reluctant or unable to walk usual distances?
- ✓ Is knee or hip arthritis making it difficult to get around the house?
- ✓ Does your parent need a cane or walker?
- ✓ Are you witnessing them forgetting to take medication?
- ✓ Are mail and bills piling up?

If you checked any of the above, the next step is determining what kind of help is needed. If the changes have been slight perhaps some easy home safety modifications are all that is needed. Remember, there are many options now available to keep seniors living independently. The important issue is to know what your parent(s) needs to have them live safely. For more information, please visit our website at www.forgetmenotflowerclub.com.