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*Caring
Workplace®*

Happy Holidays from Senior Solutions and the Caring Workplace

Staff at Senior Solutions and Caring Workplace would like to take this opportunity to wish our clients a happy and safe holiday season. This time of year, when people are spending more time with loved ones or traveling to see loved ones out of the area, it is a good time to ensure our family members have all of the assistance and support in place they may need.

With the hectic pace of our lives today, and the fact that many of our loved ones may not live nearby, in spending more time together over the holidays we often see signs this time of year that more help may be needed. Here are a few warning signs that may suggest additional resources or actions may need to be put in place:

- Change in eating habits, including weight gain/loss or change in appetite
- Neglected personal hygiene including neglected nails, teeth, and bathing
- Lack of or decrease of internal and external home maintenance
- Mobility difficulty, general weakness, or forgetfulness
- Decrease in participation in activities previously important to them
- Unusual display of unopened mail, piling newspapers, missed appointments, and/or unfilled prescriptions
- Mishandled finances such as not paying bills or losing money
- Unusual purchases such as buying more than one magazine subscription of the same magazine, entered an unusual amount of contests, and/or increased usage of purchasing from television advertisements?

There are a wide variety of options for families who are planning for the future of their aging loved one. Speaking to your Eldercare Specialist is a good step in the right direction to design an effective, practical plan. Other community resources can then be identified, including escort transportation, medication management, home care, and minor home repair. Planning for the future today will help to ensure many happy holidays for years to come.

This is also a good opportunity to remind our clients that Medicare Open Enrollment for next year ends on December 7th. If you or a loved one needs assistance in finding the best Medicare plan options, please contact your Eldercare Specialist as soon as possible.

For additional resources please contact your eldercare specialist, Heather Spindler, MSW, at 314-802-5106 or via email at hspindler@standrews1.com.

**THE CHOICES YOU WANT. THE SOLUTIONS YOU NEED.
WORRY LESS.**