

Recognizing the Signs



You can't always be there, but we can

You've started to see the signs...

The laundry is piling up and you've noticed a mysterious dent in Mom's car. When you stop by the house, you realize your parent has left the stove on.

These are universal signs that something might not be right. Read our top ten indicators to find out if your aging loved one might need more support at home.



DovidaTM
Your Life, Your Way



Top Ten Signs That Your Aging Loved One Needs Help

1. Missed medication

Missed doses and medication errors, such as overdosing or running out of pills before the next refill, can result in medical complications. For older individuals managing multiple prescriptions, assistance and reminders are crucial. Are you worried about your loved one's medications?

2. A mysterious dent

Have you noticed a few more dents or scratches on your loved one's car? A poor sense of direction, fear of merging into traffic, driving under the speed limit, and slow reaction times could indicate that their driving skills may be deteriorating. Have you been worried about a senior's driving lately?

3. Missed doctor's appointments

While this can be a symptom of increased forgetfulness, it is often simply a result of not having access to transportation, concerns about medical costs, or underestimating their health, which can all lead to doctor avoidance. Have you been attending medical consultations with your loved one recently or noticed that they are missing appointments?

4. Unopened mail and emails

Opening and responding to mail and emails regularly can be overwhelming. Paying bills and managing finances can also be difficult, particularly if this was once the responsibility of a now-deceased spouse. Have you noticed that your loved one is struggling with their finances or utility bills?

5. Damaged fixtures

Damage to bathroom fixtures, such as shower curtains, towel bars, or window sills, could indicate that your loved one is using these fixtures for support. While it's understandable that they seek stability, relying on these fixtures can be risky. Have you noticed any damage at your loved one's house?

6. Laundry piling up

Changes in housekeeping may occur simply because it has become too difficult. This is especially troubling to see if your loved one's house used to be kept in order. From dirty laundry to dirty dishes, these everyday tasks may be too much to handle. Have you been helping out with more housework lately?

7. An empty fridge

Seniors who suddenly find themselves alone, or are easily overwhelmed by cooking, may not eat properly. Their fridge may be empty, or filled with spoiled food, which in turn can lead to malnutrition or sickness. Are you preparing more meals for your loved one than you have in the past?

8. Wandering

Individuals experiencing cognitive decline may experience wandering. Signs of this include: struggling to find familiar places (such as the bathroom or bedroom), or displaying restlessness or pacing. Have you been worried about your loved one wandering?

9. Changes in appearance

From unkempt hair and body odor, to unshaven faces and wearing clothes that are unclean or inappropriate for the weather. Managing laundry or getting in and out of the shower may have become physically demanding. Furthermore, there may be a fear of slipping while showering. Have you noticed changes in your loved one's appearance recently?

10. You are worried

If you are worried about the health, safety, and independence of your loved one, it is usually for a reason. A little extra support may help an aging loved one to remain living independently at home.

We can discuss your concerns, offer advice, and provide you with information about the range of different care options available to you.

Dovida Provides a Range of Services To Help With Day-to-Day Activities

Our services

- **Personal Care**
Feel confident and comfortable, we support with showering, oral hygiene, dressing, using the bathroom, or continence care.
- **Home Help**
Home help services provide a helping hand with everyday tasks, errands, and household chores including meal preparation.
- **Everyday Companionship**
Designed to support your loved one's emotional and social well-being, providing them with someone to talk to and do activities with.
- **Transport Services**
Provide safe and reliable transportation to help your loved one get to and from appointments, social activities, shopping, or anywhere else they may want to go.
- **Respite Care**
Provides temporary support for the patient's primary caregivers, maintaining a high quality of care, and allowing them to take a break.

Specialist conditions

Receiving care at home can make life easier when someone is living with a chronic health condition.

Our skilled caregivers can provide:

- Palliative Care
- Dementia Care



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