Ally GERIATRIC

Care That Feels Like Family

CARE GUIDE 01



When a Loved One Needs *In Home Care*

Recognizing when additional support may help

Serving the East Valley Since 2021

Who We Are

At **Ally Geriatric HomeCare**, we provide compassionate, non-medical in-home care designed to promote comfort, dignity, safety, and quality of life. Our caregivers support older adults and their families with personalized one-on-one care tailored to each individual's routines, preferences, and stage of care.

- **Personal Care**
- **Companion Care**
- **Homemaker Support**
- **Respite Care**
- **Memory Care & Dementia Support**
- **Specialized Support**

Why Families Start Asking This Question

Changes in an aging loved one's daily routine can happen gradually, making it difficult to know when extra help may be needed. This guide highlights common signs involving safety, personal care, mobility, nutrition, household tasks, memory, and caregiver strain that families may want to watch for.

The goal is not to take away independence, but to recognize when the right level of support could help a loved one remain safer, more comfortable, and more confident at home.

Common Signs *That Additional Support May Be Helpful*

Personal Care & Daily Routines

Changes in bathing, grooming, dressing, toileting, or other personal routines may signal that everyday activities are becoming more difficult.

Meals & Nutrition

Skipped meals, spoiled food, weight changes, or difficulty shopping and preparing meals can affect strength and overall well-being.

Mobility & Safety

Falls, near-falls, difficulty standing, or hesitation when walking may indicate that additional support could help improve safety at home.

Household Responsibilities

Laundry, dishes, clutter, unopened mail, or declining housekeeping may suggest that maintaining the home has become more challenging.

Memory & Routine Changes

Missed appointments, repeated questions, confusion, or difficulty following familiar routines may deserve closer attention.

Social & Emotional Changes

Withdrawal from friends, hobbies, or usual activities may reflect loneliness, reduced confidence, or difficulty participating independently.

Continued on page 2: Patterns to watch for, questions families can ask, and how in-home care can help.

Ally Geriatric HomeCare

ALLY GERIATRIC HOMECARE • CARE GUIDE 01

When a Loved One Needs *In Home Care*

Look for Patterns, *Not Just One Difficult Day*

A single difficult day does not always mean extra help is needed. What matters more is whether the same concern is happening repeatedly, affecting safety, comfort, health, or confidence, or becoming noticeably different from your loved one's usual routine.

Frequency
Is the same challenge happening repeatedly or becoming more common over time?

Impact
Is it beginning to affect safety, nutrition, personal care, mobility, emotional well-being, or quality of life?

Change
Is this noticeably different from your loved one's usual routine, abilities, or level of independence?

» ***Looking at patterns over several days or weeks** can help families distinguish between an occasional difficulty and a meaningful change that deserves closer attention.*

Questions *Families Can Ask*

When considering whether additional support may be helpful, families can start with a few simple questions:

- [ ] Is my loved one eating regular, nutritious meals?
- [ ] Are bathing, dressing, grooming, and toileting still manageable and safe?
- [ ] Have there been recent falls, near-falls, or new mobility concerns?
- [ ] Is the home becoming harder to maintain?
- [ ] Are medications and appointments being remembered consistently?
- [ ] Has my loved one become more isolated or stopped participating in familiar activities?
- [ ] Is a family caregiver becoming overwhelmed or exhausted?
- [ ] Would a few hours of support each week make daily routines easier?

» ***Families do not need to wait for a crisis before exploring care options.***

How *In-Home Care Can Help*

Personal Care
Help with bathing, dressing, grooming, toileting, and mobility-related routines.

Companion Care
Conversation, social engagement, emotional support, and help staying connected to favorite activities.

Homemaker Support
Light housekeeping, meal prep, laundry, errands, and help maintaining a safe home environment.

Respite Care
Relief for family caregivers who need time to rest, work, travel, or manage other responsibilities.

Memory Care & Dementia Support
Consistent routines, reassurance, and support tailored to cognitive changes.

Specialized Support
Flexible one-on-one support for changing care needs, post-hospital recovery, and more.

» ***The right level of care can start small and adjust as needs change.***



You Don't Have to *Figure It Out Alone*

If you are noticing changes in a loved one's daily routine, safety, or independence, Ally Geriatric HomeCare can help you explore non-medical in-home care options based on individual routines, preferences, and needs.

Quality Care Families Can Trust and Afford.

Contact Us Today

- *Free Consultation*
- *No Obligation*

(480) 331-2708

info@allygeriatric.com

www.allygeriatric.com