

Guide to caring for aging parents

- 1** Talk to your parents about their fears, needs, priorities, and wishes as they get older.
- 2** Have the name and phone number of your parents' doctor, lawyer, pharmacist, hair dresser, grocery store, cab service, and seniors' transportation service in case you should need to call them.
- 3** Make a few calls to find out about seniors' services in your parents' community, such as meal delivery services, homemaker programs, adult daycare, in-home healthcare, meal companion services, pet therapy programs, etc.
- 4** If you live far away, make sure that you have the name of a neighbour, friend, or volunteer who can check in on your parents if there's trouble.
- 5** Make sure their home is safe. Install smoke detectors that work, install anti-scald devices, fall-proof the house, and make sure there is adequate lighting.
- 6** Post important phone numbers, including emergency numbers, where they can easily see them.
- 7** Purchase a medical alert system so that your parents can push a button for help from anywhere in the house.
- 8** Make their home user-friendly. Use lever-style faucets and cabinet handles, raise toilet seats, install handrails and grab bars, and so on.



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