

13 WARNING SIGNS your elderly Mum or Dad might need help at home

Do you have a Mum or Dad who is getting older? Is their age becoming more noticeable?

Research and experience is clear: ageing will affect everyone - either sooner or later.

Based on 18 years of experience, The Physio Co **strongly recommends** a proactive approach to noticing and taking action on age-related changes affecting health, fitness, balance and strength. The sooner you act, the more likely your Mum or Dad can stay living independently at home.

If you answer "YES" to any of the 13 questions below, you **maybe / **probably** / **definitely** should start considering health and fitness help at home for your Mum or Dad.**

ACTION: [Answer 'Y' for YES or 'N' for NO to each question]

Is your Mum or Dad...

- Walking a bit slower these days?
- Looking more frail or less strong than they used to?
- Complaining of more neck, back or shoulder pain?
- Starting to use a walking stick or walker more?
- Trying to manage ongoing aches, pains or arthritis?
- Requiring help to carry the shopping, reach cupboards or open a jar?

maybe

Is your Mum or Dad...

- Needing to slow down, stop or sit for a breather when out and about?
- Reaching for chairs, or holding on to things to steady themselves when moving?
- Forgetting things / having some memory lapses?
- Increasing their medication to manage chronic pain?

probably

Is your Mum or Dad...

- Feeling uneasy or a bit embarrassed about a recent slip, trip, fall or stumble?
- Recovering from a recent operation or hospital stay?
- Adjusting to life after a total knee or total hip replacement?

definitely

If this quiz has you thinking more about your Mum or Dad's age, health and independence, you're off to a great start!

If you answered **YES** to any of the yellow or red questions above, we recommend you **start taking action to support your Mum or Dad** to stay mobile, safe, happy and independent.

For a confidential and no-obligation chat with one of The Physio Co's client care specialists - including experienced physiotherapists for seniors - please get in touch...

Ph 1300 797 793 or email hello@thephysioco.com.au