



## PROVIDING SUPPORT AND CARE FOR AN AGING LOVED ONE

Navigating care needs while fostering independence and joy

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Modern medicine enables us to live longer, but often times we're left managing years of chronic health conditions, cognitive decline, and physical limitations.

Assessing your loved one's ability to perform Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs) will highlight where gaps may exist. With this information, families can start the conversation around perceived gaps and work together to identify solutions.

Seamless Senior Transitions is your partner on the journey of caring for your loved ones.

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### Seamless Senior Transitions

Serving The Woodlands, Conroe, Spring, Magnolia, Willis, Huntsville, Tomball, NW Houston & Cypress



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# Instrumental Activities of Daily Living



## Transportation

Can they drive or arrange transportation and travel without getting lost?



## Home Affairs

Can they keep up with home cleaning and maintenance?



## Shopping

Can they purchase necessary items?

Are there concerning purchasing habits?



## Finances

Are payments missing or late, or are there abnormal spending patterns?



## Medication

Do they miss doses or decide to stop taking medications?

# Activities of Daily Living



## Personal Hygiene

Is it safe to shower or bathe alone without risk of falling?

Do they need reminders to shower or to wash specific areas?



## Dressing

Can they plan an appropriate, clean outfit for the weather or event and get dressed?



## Eating

Can they recognize hunger or other cues that it's time to eat?

Can they obtain, prepare, and eat food?



## Toileting

Can they recognize the urge to toilet, get there on time, and clean themselves after?



## Ambulation

Do they use assistive devices and, if so, can they use them correctly?

Is it safe to move around the home?



**Having conversations about care for aging loved ones can be sensitive but necessary.**

### Here are a few tips:

1. Choose the right time and approach with empathy.
2. Listen actively and validate their feelings.
3. Share your observations and concerns.
4. Provide information about care options.
5. Involve them in decision-making.
6. Offer your support throughout the process.

***Open communication is key for supporting your aging loved ones.***