

# 17 SIGNS THAT YOUR LOVED ONE NEEDS IN-HOME CARE



## HOME LIFE

- Spoiled food that doesn't get thrown away
- Strong smell of urine in the house
- Dirty house, extreme clutter and dirty laundry piling up
- Stacks of unopened mail or an overflowing mailbox
- Late payment notices, bounced checks and calls from bill collectors
- Unexplained dents and scratches on a car

## PHYSICAL

- Unexplained bruising
- Trouble getting up from a seated position
- Difficulty with walking, balance and mobility
- Noticeable decline in grooming habits and personal care
- Unpleasant body odor
- Infrequent showering and bathing
- Poor diet or weight loss

## EMOTIONAL / COGNITIVE

- Changes in mood or extreme mood swings
- Uncertainty and confusion when performing once-familiar tasks
- Missing important appointments
- Forgetting to take medications – or taking more than the prescribed dosage



If you or your loved one find any of the warning signs above are occurring, get your free assessment today by calling 301-984-1401.

**Comfort Home Care:**  
*Making Your Life Easier*

**301-984-1401**  
[www.ChooseComfortHome.com](http://www.ChooseComfortHome.com)

# Trusted and Compassionate In-Home Care

**Comfort Home Care**, licensed by the State of Maryland and the District of Columbia, provides certified nursing assistants (CNAs) and geriatric nursing assistants (GNAs) who offer excellent home care services for seniors in Maryland and DC.

In addition to the six activities of daily living (ADL), our aides can help with **medication** reminders, **meal** preparation, light **cleaning**, laundry, **exercise**, and driving the client (doctors' **appointments**, grocery store, pharmacy, etc.).

We create a **care plan** for each client and our Registered Nurses conduct periodic visits to each client to ensure that the care plan is being followed, and that our clients are well, **happy** and that their environment is conducive to their care.

Comfort Home Care is licensed as a Residential Service Agency by the Maryland Department of Health and Mental Hygiene, Office of Health Care Quality, License #R1178 and as a Nurse Staffing Agency by the District of Columbia Department of Health, Regulation and Licensing Administration. License #NSA-0447.



**Caring For the Ones You Love**

Call us at 301-984-1401 • [www.ChooseComfortHome.com](http://www.ChooseComfortHome.com)

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