

10 Signs Your Aging Parent Needs More Help Than They're Letting On

A Guide for Sons & Daughters Caring with Compassion

Caring for an aging parent is sacred work — but it can also be confusing, emotional, and overwhelming.

As caregivers, we often wonder:

“Is this normal aging... or is Mom/Dad starting to need more help?”

This guide will help you recognize early warning signs so you can act with clarity, confidence, and compassion — without waiting for a crisis.

10 Signs Your Parent Needs More Help

1. Decline in Personal Hygiene

Unwashed clothes, skipped showers, or a noticeable odor may signal physical or cognitive decline.

2. Changes in Mobility or Frequent Falls

Shuffling feet, difficulty standing, or holding onto furniture are red flags. Bruises they can't remember how they got.

3. Unexplained Weight Loss or Poor Nutrition

Spoiled food, empty cupboards, or skipping meals indicate they're not eating safely.

4. Missed Medications

Pills left in organizers, duplicates taken, or confusion about dosing is dangerous.

5. Forgetfulness Impacting Daily Life

Missed appointments, unpaid bills, or getting lost in familiar places may be early cognitive changes.

6. Withdrawal or Loneliness

Avoiding church, friends, or family gatherings can indicate depression or anxiety.

7. A Decline in Housekeeping

Dishes piling up, cluttered floors, or an unkempt home may show they're overwhelmed.

8. Mood Changes or Irritability

Snapping, frustration, or emotional outbursts can hint at fear, pain, or cognitive decline.

9. Driving Problems

Dents in the car, tickets, or getting confused while driving require immediate attention.

10. “I’m Fine” When They’re Not

Minimizing problems is extremely common — especially when independence feels threatened.

As Christians, we're called to honor and care for our parents with patience and grace:

“Honor your father and your mother.” — Exodus 20:12

You're not meant to walk this road alone.

You deserve support, wisdom, and a private community that understands the emotional weight of this season.

Want Ongoing Guidance, Support & Christian Community?

Join Aging Parent Support Society for just \$20/month and get:

- Twice-monthly webinars
- Monthly live Q&A sessions

- Printable cheat sheets and checklists
- A private community for support
- Faith-centered encouragement
- Practical strategies from a Registered Nurse

AgingParentSupportSociety.com