

Caring for an Aging Parent Resource Guide



A simple guide to help
you understand your
options and next steps

Clear Guidance. Confident Decisions.



If You're Feeling Overwhelmed, You're Not Alone

Most families don't have a clear starting point when something begins to change with a parent.

You might be noticing small things... or dealing with something more urgent. Either way, the uncertainty can feel overwhelming.

This guide is designed to give you a simple, clear place to start.

Signs More Help May Be Needed

It's rarely one big moment. For most families, it's a series of small changes that start to add up. If you're noticing a few of these, it may be time to take a closer look.

- A recent fall or increasing unsteadiness
- Holding onto furniture or walls when walking
- Difficulty bathing, dressing or grooming
- Missed or confused medications
- Changes in memory or repeating questions
- Leaving the stove or appliances on
- Trouble preparing meals or poor appetite
- Increased confusion or anxiety
- Difficulty keeping up with the home or laundry
- Difficulty getting to or missing appointments
- Increased reliance on family or caregivers
- Caregiving is becoming stressful or overwhelming
- A recent ER visit or hospitalization

Understanding Your Options

Staying at Home

Remaining at home with added support can work well when needs are still manageable. Help may include assistance with daily tasks, medication reminders, and safety support, allowing your loved one to maintain independence in a familiar environment.

Assisted Living

Assisted living provides a balance of independence and support. Residents receive help with daily activities like bathing, dressing, and medications, along with meals, social opportunities, and a safe, structured environment.

Memory Care

Memory care is designed for individuals with Alzheimer's or other forms of dementia. It offers a secure setting, structured routines, and specially trained staff to support safety, reduce confusion, and improve quality of life.

How Families Pay for Care

Most families use a combination of these depending on their situation.

Private Pay

Many families start by using:

- Savings or retirement income
- Social Security or pension
- Proceeds from a home

Home Equity

For homeowners, the house is often a key resource. This may include selling the home or using it to help fund care.

Long-Term Care Insurance

If a policy is in place, it may help cover care costs depending on the plan.

VA Benefits

Some veterans and spouses may qualify for financial assistance to help with care.

Medicaid

In certain situations, Medicaid may help cover long-term care costs for those who qualify.

A Simple Way to Think About It

Most families start with what's available now and then adjust as needs change.

Final Thought

Every situation is different, and there are often more options than families expect.

If you'd like help understanding what might apply to your situation, we are here to help.

What to Do Next

1

Identify the biggest concern

2

Understand current needs

3

Explore options

4

Talk it through with someone experienced

Not Sure What Comes Next?

You do not have to navigate aging parent decisions alone.

TrueGuide Senior Advisors helps families:

- *Understand care needs*
- *Explore available options*
- *Navigate difficult conversations*
- *Evaluate safety concerns*
- *Make informed decisions with clarity and confidence*

Schedule a free guidance call

614-383-9193

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Additional Resources

Home Safety Checklist

Managing medications and
supplements

Coordinating Caregiver
Responsibilities

Doctor Appointment Planner