



**Comfort
Keepers®**

a *sodexo* brand

Moment by Moment

A Practical Guide to
Helping Seniors Enjoy the
Best Quality of Life at Home



What You'll Find in This Guide

Useful information and insights to help you through moments that can impact quality of life for you and your family—especially your senior loved ones.

JUMP TO A MOMENT

Click on a category to the right to go directly to that section. Or, click on the arrows to move forward and backward.



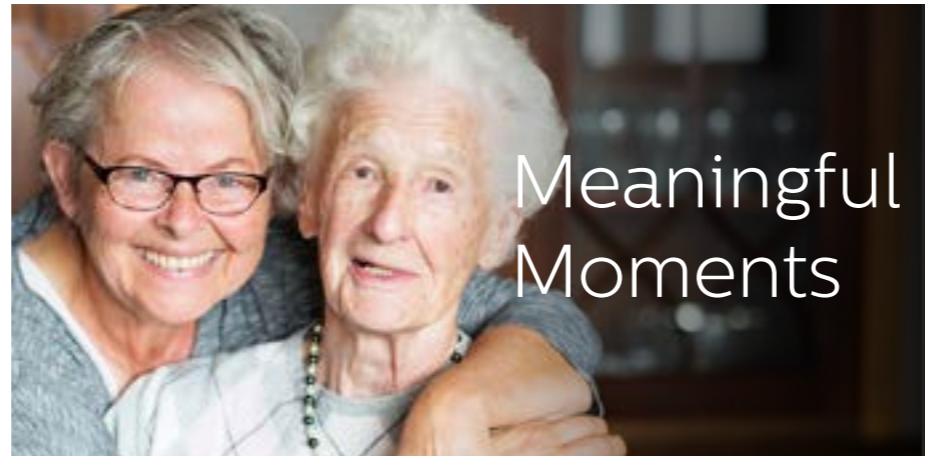
REACH OUT

Need to talk? Just [click](#) to raise your hand and contact Comfort Keepers®.

75%

of seniors intend to stay in their homes until the end of their lives.

- NATIONAL COUNCIL ON AGING



Meaningful Moments



Activities of Daily Living



Physician Visit



Driving + Independence



Mental + Emotional Health



Housing + Care Options



What is Quality of Life?

Evolving

At a basic level, quality of life is a combination of your health, comfort, and happiness. It's a simple, yet important and ever-evolving formula. Think about it: When you were a kid, what it took for you to be healthy, comfortable, and happy was different than today. It's a good perspective to keep in mind, especially if you have seniors in your life that you care about. Everyone's quality of life equation changes with age, and each variation has a profound impact on their well-being.

Personal

Life is made of moments; personal moments that we share with others or experience by ourselves. They all factor into our quality of life equation. And for many seniors, they happen

at home. This means that to help your parent enjoy the quality of life they deserve, you should look for ways to create moments that bring them joy, give them purpose, and preserve their dignity—in the place they love. Home.

A Family Affair

For a family to function in a truly healthy way, each member's individual needs should be met. While it can be easy to get carried away with the worry and responsibility of caring for your family members, if you're not at your best, it's difficult to give your best. So, be on the lookout for moments that signal you could use some help. Knowing when to reach out can make a big difference in your family's quality of life.



TAKEAWAY

Learn how to ask for help.
Read [Making Tough Choices](#)



WATCH:

[Relationships That Improve Quality of Life](#)



What You Need to Know

Resources to help you prepare
and plan



Tasks Essential for Day-To-Day Functioning

Activities of Daily Living, sometimes referred to as ADLs, include the routine tasks of everyday life. Bathing, dressing, eating, using the restroom, moving around the house, getting in and out of chairs...these are activities that most of us take for granted, but they can become challenging for seniors. If a senior is unable to safely and effectively manage these activities on their own, they need help.

If you think your loved one needs help to be safe, healthy, and happy at home, talk to them and find out what's going on. Let them know you care and worry about them. Then, discuss the situation with your family and your parent's doctor. You can also reach out to a reputable in-home care provider, like Comfort Keepers®, in your area for a consultation.



58%

of older adults have lived in the same residence for 20 years or more.

—NATIONAL COUNCIL ON AGING



What to Look for and When to Seek Help

While activities of daily living typically include basic hygiene routines and mobility, challenges with instrumental activities of daily living (IADL) commonly present themselves first. IADLs are considered activities less basic than traditional ADLs, however are important in enhancing your loved one's quality of life.

Does your loved one need assistance with ADLs? Take this [short assessment](#) to find out.

OFTEN SENIORS NEED HELP WITH:

1. Transportation
2. Grocery shopping
3. Housework
4. Meal preparation

—AARP

INSTRUMENTAL ACTIVITIES OF DAILY LIVING (IADL)

- Cooking
- Shopping
- Driving
- Paying Bills
- Taking Medication
- Cleaning the House
- Using the Telephone
- Caring for Pet
- Laundry

ACTIVITIES OF DAILY LIVING (ADL)

- Dressing
- Washing /Grooming
- Eating /Drinking
- Toileting
- Oral Hygiene
- Standing from a Sitting Position
- Moving from Bed to Chair
- Walking
- Climbing Stairs



Signs Your Loved One May Need Assistance with ADLs



Skipping meals



Weight loss



Confusing the date/year



Expired food in the refrigerator



Forgetting appointments



Forgetting medicine



Self-isolation



Bruises/scrapes from falling or loss of balance



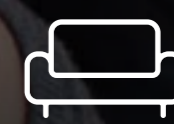
Lapses in personal hygiene



Wearing the same clothing several days at a time



Reluctance to go upstairs



Furniture moved around

92%

of older adults have at least one chronic disease, and 77% have at least two.

— NATIONAL COUNCIL ON AGING

Knowing What to Ask so You Know How to Help

When it comes to the health and well-being of your loved one, their doctor is an indispensable resource. So, if you have concerns about whether their quality of life needs are being met, a visit to the doctor's office is a great opportunity to ask questions and get some guidance on how you can help.

Plus, being there to hear what the doctor says firsthand can minimize misunderstandings, and allows you to show support for your parent and make them feel more comfortable during their visit.



Questions to Ask

[Download the full list of questions](#) and take to the appointment with you.

Diagnosis:

- What is the name of the condition?
- What causes this problem?
- How will it be treated/managed?

Medications:

- What is the name of the medication?
- What will it treat?
- What are the common side effects?

Medical Tests:

- Why is this test being done?
- What are the possible side effects?
- How will we find out the test results?

FOR MORE INFORMATION

Read [Who's in Charge at the Doctor Visit?](#)



When and How to Ask for the Keys

Driving is empowering. Behind the wheel, we have the freedom to go where we want, when we want. And for the generations that grew up during the glory days of American car culture, the connection between driving and independence is deeply rooted. It's part of who they are. So, when you notice that your loved one is losing the ability to drive safely, it's important that you know how to talk to them about it in respectful ways that demonstrate your concern without being confrontational or damaging their pride. Remember, in their mind, you're not just asking for the keys. You're asking them to give up a part of their independence.



By 2025



one in four drivers will be 65 or older.

—AARP

FOR MORE INFORMATION
Read [Aging and Driving](#)



WATCH:
[AARP Seminar on Senior Driving](#)

WARNING SIGNS

- Damage or unusual wear on vehicle
- Tickets or fines
- Improper car maintenance
- Fearful or skittish about driving



Starting the Conversation

“

“I’m worried about you, and I want us to be on the same page. Can we talk about your driving?”

“Dad, how’s driving been? Is it hard to see the lines on the road, see the traffic light colors and/or drive at night?”

“I noticed you’ve been catching rides with Clyde lately. Is everything okay with your car? Do you feel okay driving?”

“How has your car been driving? Has the steering wheel been shaking? Engine made any new noises? Check engine light come on?”

FOR MORE INFORMATION

Read [*When Driving Is No Longer Safe*](#)



DEPRESSION AFFECTS

19%

AMERICANS 65 AND OLDER

Companionship and Personal Connections are Critical

Taking care of your mental and emotional health greatly impacts quality of life. Your frame of mind and outlook on life color all of your experiences. That's why it's critical to pay attention to your loved one's level of engagement with other people, inside and outside of your family.

Without companionship and regular personal interactions, a senior (or anyone for that matter) can become isolated and experience feelings of loneliness. If not addressed, this loneliness can lead to depression and cause them to withdraw even further. Along the way, they may stop taking proper care of themselves and their home. If there comes a moment when you realize your loved one isn't getting the socialization they need to be happy and healthy, be sure to address the issue quickly.

FOR MORE INFORMATION

Read [*10 Ways to Help Seniors Deal with Isolation and Depression*](#)



SIGNS AND SYMPTOMS OF LONELINESS



VERBAL ACKNOWLEDGEMENT

Seniors may mention that they rarely have people to talk to or would like to see friends and family more often



UNDIAGNOSED ILLNESSES

By bringing attention to undiagnosed and unexplained health issues, seniors may be seeking extra attention



BEHAVIORAL CHANGES

Look for signs of social withdrawal or increased energy when in social situations (more talkative or physical contact)

WAYS TO ENCOURAGE SOCIALIZATION



COMPANIONSHIP

Provide conversation/activities they enjoy; in-home care may be a beneficial option



SUPPORT

Encourage involvement with a senior center, YMCA, church, or other social organization



TRANSPORTATION

Arrange rides to community events, social engagements, and visiting family and friends



TECHNOLOGY

Introduce senior-friendly technology; teach them how to use social media and email

[How Do I Know If It's Depression?](#)



Happier at Home

For many seniors, there truly is no place like home. It's where cherished memories of family and friends can be found around every corner. Where every creaky floorboard holds special meaning. That's why, when given the choice, a majority of seniors would rather stay in their homes as they grow older. This is called aging in place.

And while aging in place is the overwhelming preference, the challenges of day-to-day household tasks, like cleaning, yard work, or basic repairs, can sometimes drive families to unnecessarily seek help in off-site facilities or assisted living communities.

But there are cost-effective alternatives that preserve seniors' independence. With in-home care, quality of life is maintained or improved and families find peace of mind.



Determining Care Options

- What does your loved one want? What are their needs?
- Do you, your siblings or other relatives live close enough to provide or supervise care?
- Does your parent require regular medical care as well as assistance with activities of daily living?
- Do they need to move to get the help they need?
- Would they benefit from one-on-one interaction?
- How much help do they need?
- How much care can you realistically provide?
- What are your long-term plans?

WATCH:
[Caregiving is More Than a Job](#)



Key Areas of Need to Consider

 MEAL PREP	 PERSONAL HYGIENE
 SOCIAL INTERACTION	 MEDICAL NEEDS
 MOBILITY	 HOME SAFETY
 FAMILY SUPPORT	 MENTAL HEALTH



87%

Age 65 or older—want to stay in their home as they age.

—AARP



Quality of Life is Our Mission

[Comfort Keepers](#) is dedicated to helping seniors and their families enjoy the quality of life they deserve. Families like yours. We provide in-home care services, technology, and advice that fit your family's needs today and evolve for tomorrow. We understand where you're coming from and how to get you where you want to go. If you need to talk, [we're here to help](#). Call us at (503) 462-1455.

FOR MORE INFORMATION

[Care Options for Seniors](#)



WATCH:

[Amy's Journey to Find Care for Her Father](#)

What's Next?

To help you create an even clearer path forward, we've included links to some helpful resources that you can use to continue your research and make well-informed decisions.

If you ever have questions, or just want someone to talk to, please don't hesitate to reach out. Thanks for taking the time to read our guide, and remember to look for the joy in every moment of life.

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More Resources

ABOUT COMFORT KEEPERS

Frequently asked questions about home care:

[ComfortKeepers.com](https://www.comfortkeepers.com)

When driving is no longer safe:

[ComfortKeepers.com](https://www.comfortkeepers.com)

The Comfort Keepers difference:

[ComfortKeepers.com](https://www.comfortkeepers.com)

Interactive caregiving:

[ComfortKeepers.com](https://www.comfortkeepers.com)

Advice and guidance on care options:

[ComfortKeepers.com](https://www.comfortkeepers.com)

Why Comfort Keepers:

[ComfortKeepers.com](https://www.comfortkeepers.com)

TALKING WITH YOUR LOVED ONE

Introducing home care when your loved one says “no”:

[Caregiver.org](https://www.caregiver.org)

How to talk to your aging parent:

[DailyCaring.com](https://www.dailycaring.com)

Steps to take when aging parents need help:

[DailyCaring.com](https://www.dailycaring.com)

ASSESSMENT TOOLS

Assessment checklist for caregivers:

[CareConnection.aarp.org](https://www.careconnection.aarp.org)

Questions for the doctor:

[NihSeniorHealth.gov](https://www.nihseniorhealth.gov)

QUIZ: Activities of daily living

[ComfortKeepers.com](https://www.comfortkeepers.com)

CARE OPTIONS

Exploring the range of home care services:

[ComfortKeepers.com](https://www.comfortkeepers.com)

Assisted living vs in-home care:

[DailyCaring.com](https://www.dailycaring.com)

Advice and guidance on care options:

[ComfortKeepers.com](https://www.comfortkeepers.com)

SOURCES

Older drivers and self-regulating their driving habits: [cdc.gov](https://www.cdc.gov)

Depression is not a normal part of growing older: [cdc.gov](https://www.cdc.gov)

Baby Boomer facts and figures: [aarp.org](https://www.aarp.org)

Aging statistics: [aoa.acl.gov/aging](https://www.aoa.acl.gov/aging)

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