



5 Signs It Might Be Time for a Little Help at Home

A gentle guide for Florida families - from Kristina Leach

Caring for an aging parent - from across the country or just down the street - comes with a quiet, constant question: are they really okay? You don't want to overreact, but you don't want to miss something either. After years walking alongside Florida families, here are five gentle signs I tell people to watch for.

1. The fridge tells a story.

Expired food, very little food, or the same meal on repeat. When cooking starts to feel like too much, nutrition is often the first thing to slip - and it's easy to miss on a phone call.

2. The mail is piling up.

Unopened bills, a missed appointment, a stack by the door. It's usually not memory - it's that everything has started to feel a little harder to stay on top of.

3. They've gotten... quiet.

Fewer outings, hobbies set aside, "I'm fine" instead of stories. Isolation is one of the biggest quiet risks to a senior's wellbeing, and it hides in plain sight.

4. Little things around the house.

Laundry undone, clutter where there never used to be, a lightbulb out for weeks. The home starts to reflect how much energy each day is taking.

5. You're the one lying awake.

Honestly? If you're the one worrying, that's a sign in itself. A family's gut usually notices long before any crisis does.

If a few of these sound familiar, it doesn't mean something is wrong - it usually just means a little support could make everyone's days lighter. That's exactly what we do: warm, non-medical companion care - a friendly face, a good meal, a hand around the house, and someone to get your loved one out of the house and back into life. If you'd like to talk it through - no pressure, no cost - I'm right here.

- Kristina Leach, Compassionate Choice