

# 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

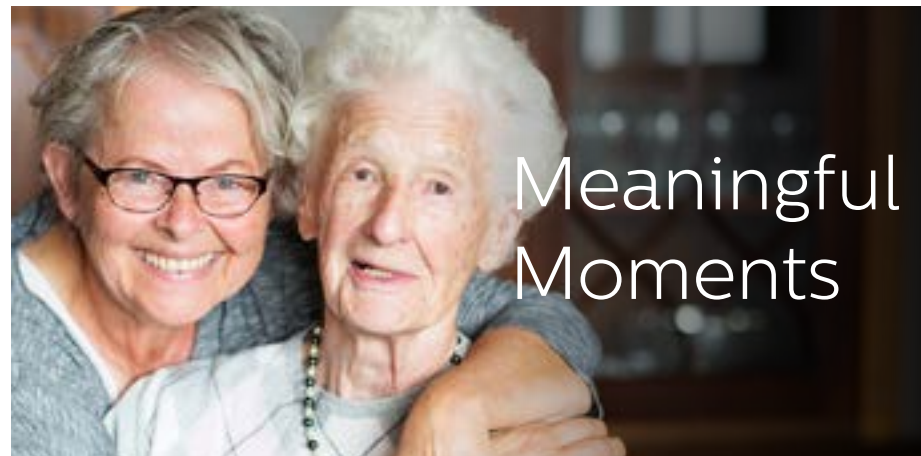
Click on a category to the right to go directly to that section. Or, click on the arrows to move forward and backward.



### REACH OUT

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

**92%** of seniors still live in their homes.  
- STATISTICS CANADA



## Meaningful Moments



Activities of Daily Living



Physician Visit



Driving + Independence



Mental + Emotional Health



Housing + Care Options



SOMETIMES YOU WILL NEVER KNOW THE VALUE OF A MOMENT UNTIL IT BECOMES A MEMORY. — DR SEUSS



# 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**



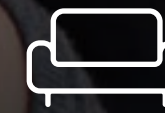
**Lapses in personal hygiene**



**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.



75%

of seniors have a driver's license.  
— STATISTICS CANADA

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



## WARNING SIGNS

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



**WATCH:**  
[CAA Senior Driving Portal](#)





## 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\*](#)





# 1 in 5

*seniors will display  
symptoms of depression.*

—CANADIAN COALITION FOR  
SENIOR'S MENTAL HEALTH

## 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](#)



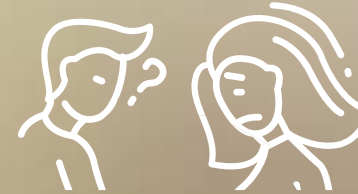


## SIGNS AND SYMPTOMS OF LONELINESS



### 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



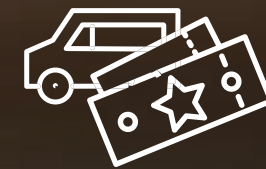
### COMPANIONSHIP

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



### SUPPORT

Encourage involvement with a senior center, YMCA, place of worship, or other social organization



### TRANSPORTATION

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

[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 (866) 363-0072..

### 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.

[FIND LOCAL OFFICE](#)



## More Resources

### ABOUT COMFORT KEEPERS

Frequently asked questions  
about home care:  
[ComfortKeepers.ca](https://ComfortKeepers.ca)

When driving is no longer safe:  
[ComfortKeepers.ca](https://ComfortKeepers.ca)

Quality Assured In-Home Care:  
[ComfortKeepers.ca](https://ComfortKeepers.ca)

Interactive caregiving:  
[ComfortKeepers.ca](https://ComfortKeepers.ca)

Advice and guidance on care options:  
[ComfortKeepers.ca](https://ComfortKeepers.ca)

Why Comfort Keepers:  
[ComfortKeepers.ca](https://ComfortKeepers.ca)

**TALKING WITH YOUR LOVED ONE**  
Introducing home care when your  
loved one says “no”:  
[Caregiver.org](https://Caregiver.org)

How to talk to your aging parent:  
[DailyCaring.com](https://DailyCaring.com)

Steps to take when aging  
parents need help:  
[DailyCaring.com](https://DailyCaring.com)

### ASSESSMENT TOOLS

Assessment checklist for caregivers:  
[CareConnection.aarp.org](https://CareConnection.aarp.org)

Questions for the doctor:  
[ComfortKeepers.ca](https://ComfortKeepers.ca)

QUIZ: Activities of daily living  
[ComfortKeepers.ca](https://ComfortKeepers.ca)

### CARE OPTIONS

Exploring the range of home care  
services:  
[ComfortKeepers.ca](https://ComfortKeepers.ca)

<http://comfortkeepers.ca/local-office/alberta/red-deer/contact/> | (587) 802-5402

