Many times, Seniors are not willing to admit that they need help at home. When this occurs, the burden then falls on the family to recognize the signs that an aging loved one needs help with daily living tasks . Here are some signs that may be an indicator :

* Spoiled food in the refrigerator
* Missing doctors appointments
* Unexplained bruising
* Trouble getting up from a seated position
* Difficulty with ambulation and mobility
* Confusion when performing once-familiar tasks
* Forgetfulness
* body odor
* [Lack of showering and bathing](https://www.agingcare.com/Articles/elderly-parents-who-wont-shower-or-change-clothes-133877.htm)
* Strong smell of urine on one self or in the house
* Noticeable decline in grooming habits and personal care
* Dirty house, [extreme clutter](https://www.agingcare.com/Articles/How-Do-I-Get-Dad-to-Move-Out-of-His-Cluttered-Unsafe-Home-133954.htm) and dirty laundry and mail piling up
* Late payment notices, bounced checks and calls from bill collectors
* Poor diet and /or weight loss
* Loss of interest in actives
* Extreme mood swings
* Forgetting to take medications – or taking more than the prescribed dosage
* [Diagnosis of dementia or early onset Alzheimer's](https://www.agingcare.com/Alzheimers-Dementia)
* [Unexplained dents and scratches on a car](https://www.agingcare.com/Articles/Is-It-Time-to-Take-Away-the-Keys-112306.htm)

Source: www.agingcare.com