

IN BRIEF

Five tell-tale signs your parents should not live alone

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One of the hardest truths to face in life may be the decision that your elder parents should no longer live alone.

Here are five tell-tale signs an elder parent or relative may not be able to live alone, with the help of aging expert and author Carolyn A. Brent:

The house always looks messy: Not a good sign, especially for a parent who by nature likes to be organized and clean. Dirty dishes left in the sink for days or weeks, debris across the house and yard and garbage cans left unattended could indicate a problem.

Bills are not paid: Piled up collection notices, constant calls from creditors and neg-

lected bank accounts could reveal a person is losing control of finances.

Rapid weight loss: Weight loss could be a sign that a parent is not eating properly or at all.

Poor hygiene: Skipping baths, teeth brushing or other forms of personal cleanliness could mean a parent is too ill or weak to keep up such daily routines.

Fashion faux pas: Poor personal style aside, bad clothing choices could be another red flag. For example, wearing winter clothes during hot weather, wearing pajamas or nightgowns during the day or choosing to wear slippers to the bank or grocery store could be another indicator a parent is in trouble.

