

# Five 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, garbage can left unattended could indicate a



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problem.

■ Bills are not paid: Piled up collection notices, constant calls from creditors and neglected bank accounts could reveal a person is losing control of finances.

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

■ Bad 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 person style aside, bad clothing choices could be another red flag.

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.

