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Media Contact:
Merrily Orsini
1-800- 370-6580 X 5
(502) 425-9770
Merrily.Orsini@corecubed.com

Warning Signs That An Elderly Loved One Needs Help At Home

(ST. LOUIS – Dec. 21, 2006) – Families anticipate gathering to celebrate the holidays as it's often a rare opportunity for those who live far from each other to spend time together.

For some however, it can be a reality check. Elderly loved ones may have reached a point where they need help with daily activities, unbeknownst to family members.

"We assess the best care plan for our clients and their families," said Barth Holohan, owner of Continuum. "If we can be involved at the first signs of a home care need, we're able to circumvent some potentially dangerous situations."

Sometimes the signs are obvious: An elderly family member takes a bad fall and needs hospital care. But other times the subtlety may escape family members who are not present on a daily basis: Your loved one doesn't participate in or seem to enjoy the same social activities they previously looked forward to.

Holohan recommends watching for the following warning signs when visiting with elderly loved ones, over the holidays or any time.

- Little or no food in cabinets, or an overabundance of sweets or unhealthy food in the home
- Unusually large collection of stacks of mail and newspapers
- Lack of personal hygiene, incontinence
- Evidence of unsafe driving
- Not taking medications
- Dehydration, poor nutrition
- Confusion, depression, apathy and forgetfulness
- Disorientation
- Wandering and falling

About Continuum

Continuum, owned by Barth Holohan, offers Care for Life and has been helping those with care needs in the St. Louis area since 2002. With services ranging from care managed in-home care for people of all ages, emergency medical alert systems, care planning and care management as stand alone services, bill paying and supportive service programs for retirement communities, Continuum truly offers Care for Life. Expert staff are personally matched with families to partner with them and guide them through any care need.

For more information
Visit www.ContinuumCare.com or call 314.863.9912.

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