

## Give Your Senior Loved One Peace of Mind

If you have a senior loved one who lives out of town and whose recent behavior has been causing you concern, it may be time to move closer to them to put both your minds at ease. Matters of concern could include unpaid bills, extreme mood swings, and issues with medication, all of which [Kaiser Medical Management](#) discusses below.

### Financial Decline

Signs of financial decline can include:

- Difficulty completing everyday financial tasks, such as figuring out the correct amount of money at the checkout counter
- Unopened letters, such as final demands and correspondence from collection agencies
- Bank statements showing unusually high donations to charities and excessive purchases from mail-order companies

Make sure you broach the subject of taking over your loved one's finances sensitively, as older adults are [often resistant to change](#). Make measured changes, increasing your support gradually and when needed. You should inventory all their financial documents and make sure everything is up to date.

### Extreme Mood Swings

Mood swings are not uncommon in seniors, but they could be [a sign of something more](#), including:

- A reaction to pain from a [medical condition](#) that you and even your loved one aren't aware of
- Personal frustration at not being able to carry out simple tasks
- [Early signs of dementia](#)
- Depression
- Dysthymia, a chronic form of depression
- Bipolar disorder
- Personality disorders

### Mismanagement of Medication

If you've discovered your senior loved one isn't taking their medications as prescribed, you'll also need to figure out the reason why. Your loved one may have difficulty reading the small print on the bottle or distinguishing between different pills due to poor eyesight.

If they have dementia, they may have forgotten to take their pills. Due to financial decline, limited income may mean they're taking less than the stated dose or going without the medication altogether. It may be an issue with swallowing, [known as dysphagia](#), which could be causing your loved one to miss their medicines.

## The Move

You should consider renting an apartment, condo, or rental home. Renting rather than buying will remove the headaches that often come with a big move, such as considerable upfront expenses, maintenance costs, and property taxes. You can always purchase a home later.

The average [rental in San Antonio](#) is \$1,192 and can be lower or higher, depending on location, size, and quality. Apartments can feature many amenities, such as communal pools, gyms, laundry rooms, parking, and dog parks.

## Living Options

Sometimes, moving closer to your loved one may not be enough to solve all their problems. They may need more care than you can provide. If this is the case, consider a senior living community. There are numerous [facilities in the San Antonio](#) area, offering independent, assisted, and memory care living options.

## Putting Your Mind at Rest

It's a big decision — and it's not often easy to convince a senior it's the right one — but once you move closer to your senior loved one who needs your help, you can enjoy peace of mind about their well-being.

Visit Kaiser Medical Management to [reduce sick days](#) and improve productivity in the workplace.



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