

May is for Mothers

Each May, we take time to honor our mothers. We reflect on the valuable lessons we have learned from mom, the selfless things she has done and her many contributions to our life.

This May, when you get together with mom or call her on the phone, take some extra time and figure out how she is really doing. Here are five questions to consider that might be helpful for mom and the rest of the family to ensure she stays healthy and safe.

1. **Are there major changes?** Take note of physical and psychological changes that may be happening. Check the [10 Warning Signs](#) that indicate your mother might need some additional assistance.
2. **What about end-of-life planning?** Are you familiar with your mom's end-of-life wishes? This might be a tough conversation to initiate, but will be valuable for all involved. Get some tips from: [Let's Talk: Starting the Conversation about Health, Legal, Financial and End-of-Life Issues](#), for practical ways to start the conversation and suggestions of what to discuss.
3. **Does she know how to avoid scam artists?** Anyone can be the victim of fraud or a scam, but older adults tend to be targeted more. Make sure mom is educated about avoiding scams and fraud. Useful tips to [Protect Your Pocketbook](#).
4. **Is home livable?** Mom might be living in the same home you grew up in or a different place altogether. Regardless, as she ages, there may be certain hazards in a home that increase the likelihood of a fall. Learn about ways to [Prevent Falls in the Home](#).
5. **How do we keep in touch?** Visits and phone conversations are great, but they are not always possible. Make sure mom can keep in contact. Has she tried emailing, texting and using Facebook? What about Skype or Instant Messages? Make sure mom is comfortable [Staying Connected](#) many different ways.

If you find that mom might need a little assistance, you are interested in learning more or would like a free copy of one of these brochures, call the Eldercare Locator at 800.677.1116 or visit www.eldercare.gov to get connected with trusted local aging resources in your community.