

10 Signs Your Parent May Need a Companion

Small changes can be easy to miss when you are busy caring for someone you love. This guide helps you notice patterns, start a respectful conversation, and explore everyday support without taking away your parent's choices.



This guide is educational, not a diagnosis or a medical assessment. A change can have many causes. Discuss new or worsening concerns with a healthcare professional. For a medical emergency or immediate danger, call 911.

Notice patterns. Listen first. Preserve choices.

Inside: ten signs to discuss, gentle questions, practical support ideas, and a family planning worksheet.

1. More time alone, fewer meaningful connections

Calls become less frequent, visits feel rare, or your parent says the days feel long. Living alone does not automatically mean someone needs care; ask how they feel about their time and connections.

A gentle question: Who would you enjoy seeing or talking with more often?

How a companion may help: A familiar companion can offer regular conversation, shared meals, games, and help connecting with family.

2. Favorite activities are slipping away

A once-loved hobby, walk, or community activity happens less often. Transportation, fatigue, confidence, or mood may be getting in the way.

A gentle question: What do you miss doing, and what would make it easier to start again?

How a companion may help: A companion can join a hobby, encourage an appropriate activity, or accompany an outing your parent chooses.

3. Meals feel like too much effort

Groceries go unused, meal preparation feels tiring, or your parent relies on snacks because cooking for one no longer feels worthwhile. Unexplained weight loss or swallowing concerns need medical attention.

A gentle question: Which meals would you like help shopping for or preparing?

How a companion may help: Help with groceries, meal planning, cooking, and kitchen cleanup can make everyday meals less demanding.

4. Light chores are becoming hard to keep up with

Laundry piles up, dishes linger, or routine tidying seems unusually difficult. Approach this with curiosity rather than criticism; pain or changing mobility may be involved.

A gentle question: Which chores take the most energy, and which would you like to hand off?

How a companion may help: Light housekeeping and laundry support can help your parent keep a comfortable home while saving energy for things they enjoy.

5. Errands and appointments are getting postponed

Shopping trips or appointments are put off because arranging a ride or going alone feels overwhelming. If driving safety is a concern, talk with your parent and their healthcare professional.

A gentle question: Would a ride or someone going with you make this easier?

How a companion may help: Transportation and accompaniment can help with planned appointments, grocery shopping, and everyday errands.

6. Everyday routines need more reminders

Your parent asks for help remembering a planned call, activity, or established routine. New confusion, memory changes, or missed medications should be discussed with their healthcare professional.

A gentle question: Would a written routine or a friendly reminder be helpful?

How a companion may help: A companion can offer routine prompts and non-medical medication reminders. Companions do not administer medication or make medication decisions.

7. Confidence at home is changing

Your parent seems hesitant about a familiar task, avoids moving around, or worries about being alone. Falls, dizziness, and changes in walking need healthcare review, not just companionship.

A gentle question: When do you feel least comfortable at home?

How a companion may help: A reassuring presence can help with everyday routines and noticing concerns. Medical care, lifting, or hands-on mobility assistance may require a different level of support.

8. You are getting more requests for everyday help

Small calls for groceries, company, tidying, or a ride are becoming more frequent. These requests can be a useful starting point for identifying support your parent actually wants.

A gentle question: What would be most helpful on the days I cannot be here?

How a companion may help: Predictable visits can cover agreed everyday tasks and provide companionship between family visits.

9. Certain times of day feel especially difficult

Evenings, mornings, or weekends feel lonely or harder to manage. Ask about the specific time and task rather than assuming around-the-clock care is needed.

A gentle question: Is there a part of the day when you wish someone were nearby?

How a companion may help: Hourly visits or a planned overnight presence may fit a routine, depending on the needs discussed during a consultation. This is not emergency monitoring or nursing care.

10. Family caregivers need a dependable break

You or another family caregiver feel stretched, exhausted, or unable to step away. Needing rest does not mean you care less; it may mean the current plan needs more support.

A gentle question: What regular break would help our family keep caring well?

How a companion may help: Respite companionship can give family caregivers time for rest, appointments, and other responsibilities while agreed non-medical needs are covered.

Start with a conversation, not a conclusion

1. Choose a calm time and ask permission: 'Could we talk about making your week a little easier?'
2. Describe one specific change without labels or blame: 'You mentioned that cooking has felt tiring lately.'
3. Ask what matters most to your parent. Listen before suggesting a solution.
4. Offer a small, agreed starting point, such as help with one meal or a weekly visit, then revisit how it feels.

Choose the next step together

You do not need to count signs or reach a score to ask for help. Start with your parent's priorities. Sudden changes need timely medical attention; ongoing everyday needs can be explored in a companion-care consultation.

Talk with WarmWays Support

Non-medical companion care in Green Bay, Wisconsin. Request a free, no-pressure consultation to discuss everyday support.

Call (920) 217-0384

warmwaysupport.com/contact

warmwaysupport@gmail.com

Your family's next-step notes

Keep these notes for your family or bring them to a consultation. No need to share anything you would rather keep private.

A change I have noticed, and when it started:

What my parent says would make life easier:

Favorite activities, routines, and preferences to preserve:

Tasks and times of day where help would be welcome:

Concerns to discuss with a healthcare professional:

Questions for a companion-care consultation:
