GOOD STEWARD SENIOR SOLUTIONS LLC

DBA GOOD STEWARD SENIOR CARE

Senior Care Navigation • Advocacy • Transition Coordination

WHAT NOT TO BE ALARMED BY

The Aging Parent Reality Check: Sorting Normal Aging & Delirium from True Medical Alarms



EASY-TO-READ EDUCATIONAL GUIDE: Good Steward Senior Solutions LLC DBA Good Steward Senior Care provides non-medical senior care navigation, research, and family advocacy. This guide explains senior health changes, UTIs, and caregiver peace-keeping strategies in plain language so you can protect your parent without burning out.

SECTION 1: NORMAL AGING VS. CRITICAL MEDICAL ALARMS

QUICK SUMMARY FOR FAMILIES

If your parent gets confused OVERNIGHT, do not assume they have dementia now. Ask the doctor right away to test for a UTI, bladder infection, or dehydration!

When Should You Worry? (The Big Question):
It is scary when you notice your parent changing. But not every change means they are going downhill forever! Here is how to tell the difference between normal aging and a real medical alarm:

• **Normal Aging Changes (Don't Panic!):** Taking a few minutes longer to remember a name or word, walking a little slower, or getting tired earlier in the evening. If they remember the answer later, their brain is just aging normally.

• **Dementia / Alzheimer's (Slow Changes):** Dementia is a slow disease. It causes memory loss and confusion that slowly gets worse over months and years.

• **UTIs, Severe Pain & Infections (SUDDEN ALARMS!):** If your parent is fine on Tuesday, but on Wednesday morning they are suddenly confused, paranoid, or hallucinating—**THIS IS NOT OVERNIGHT DEMENTIA!** Infections (like a Urinary Tract Infection or UTI), severe body pain, or dehydration can make a senior's brain break down overnight. Once the UTI or pain is treated, their normal mind comes back!

Condition	How Fast It Happens	What You See
Normal Aging	Very slow (years)	Takes a minute to find glasses or recall a word; remembers later.
Dementia	Slow (months / years)	Gradual memory loss, getting lost in familiar places, bill confusion.
UTI / Pain / Delirium	**SUDDEN (hours / days)**	**Overnight confusion, paranoia, claiming they were just cooking or walking fine.**

SECTION 2: THE 'ANGRY VOICEMAIL' & FACILITY REALITY CHECK

Why Your Parent Makes Angry Phone Calls:
Many adult children cry after receiving frantic voicemails from a parent in a nursing home or rehab facility saying: *'Nobody is feeding me!' 'They are holding me prisoner!'* or *'Why did you abandon me here?'*

Here is what is really happening inside your parent's heart and body:
1. **Pain & UTIs Alter Reality:** When a senior is in severe physical pain or battling a hidden infection, their brain creates false memories. They might genuinely believe they were just at home cooking dinner, or that staff are against them.
2. **Fear & Loss of Control:** Losing independence is scary. Seniors often project their fear and grief onto their adult children or the facility staff.
3. **How Families Accidentally 'Fuel the Fire':** Listening to an angry voicemail 10 times, calling the facility in a panic every 5 minutes, or arguing with your parent at 10:00 PM only increases EVERYONE'S stress!

SECTION 3: UNDERSTANDING FACILITY LIMITS & RESIDENT RIGHTS

QUICK SUMMARY FOR FAMILIES
Facilities must follow resident privacy laws. If your parent tells you one thing on the phone, but staff report they are calm and eating well, trust the floor observation!

Why Facilities Mention 'Patient Rights':
When facility directors mention *'Patient Rights,'* families often feel like the staff is hiding information or taking sides against them. But here is the truth:

- **Resident Autonomy:** Under state and federal law, adult residents have legal rights to privacy, to refuse certain activities, or to choose who they speak with.
- **The Floor Reality vs. The Phone Call:** A parent might leave an angry, crying voicemail for their child, but on the floor 10 minutes later, they are eating lunch, smiling with staff, and participating in therapy! Staff cannot force resident disclosures or reports if the resident is calm and safe on the floor.

SECTION 4: DE-ESCALATION SCRIPTS & PEACE-KEEPING RULES

EXACT SCRIPTS FOR KEEPING THE PEACE:

• **When Mom accuses staff of 'holding her prisoner':**
Don't say: 'Mom, stop lying! You ate lunch an hour ago!'
DO SAY: *'That sounds really frustrating, Mom. I want you to feel comfortable. I am making a note of that and I'll ask the director to check on you today.'*

• **When Mom says 'You abandoned me here!':**
Don't say: 'How can you say that after all I've done for you?!'
DO SAY: *'I love you so much, Mom. Moving here keeps you safe with 24/7 care. I am still your daughter, and I am visiting you on Saturday.'*

• **The 1-Call-Per-Day Voicemail Boundary:** Do not listen to angry voicemails over and over. Set a rule for yourself: check voicemails ONCE per day. Call the nurse station quietly to confirm your parent is safe, and do not let panic run your life.

SECTION 5: RELEASING CAREGIVER GUILT & RESTORING PEACE

Transitioning from '24/7 Complaint Manager' Back to 'Loving Child':
Placing your parent in a facility or hiring professional advocates is NOT abandoning them! It is transferring the heavy physical and clinical strain to professionals so you can go back to being a supportive, loving son or daughter.

When you stop fueling the fire, set healthy phone boundaries, and let professional care advocates handle facility communications, you restore peace to your family.

NEED HELP RESTORING FAMILY PEACE?

NOT SURE IF WHAT YOU'RE SEEING IS NORMAL AGING, AN INFECTION, OR ADJUSTMENT?

You do not have to navigate the stress, guilt, and angry phone calls alone! Good Steward Senior Care provides direct care navigation and family peace-keeping advocacy. We help review your parent's baseline, communicate with facilities, and restore your peace of mind.

Call Us Today for a Free 30-Minute Strategy Call:
• **Direct Phone:** (662) 221-6268
• **Email:** hello@goodstewardseniorcare.com
• **Website & Free Consultation:** goodstewardseniorcare.com