



**FOR IMMEDIATE RELEASE**

## **How to Determine When Aging Parents Need At-Home Care**

Houston, TX (December 22, 2023) – During the holidays, many adult children have to come to terms with a shocking fact - their parents are starting to show signs of physical and cognitive decline. Some of these signs could include:

- Difficulty completing daily self-care activities like bathing, dressing, or meal preparation
- Disorganization and inability to keep up with household tasks
- Financial mismanagement and lapses in judgment
- Changes in memory, mood, or reasoning abilities

After noticing these declines, children have to decide if they need to bring on additional help for their parents.

“We want to empower caregivers to take preventative action and get their loved ones the right level of care at the right time,” said Lula Goodall, CEO of Zuhri Care. “No one should have to cope with rapid declines in health or dangerous living situations due to lack of support.”

Implementing supplementary care services can allow many seniors to age comfortably and safely at home rather than move straight to institutionalized care settings. Support options range from part-time homemaking assistance to full-time caregiving by skilled professionals.

Additionally, it's important to speak proactively with aging parents about their needs and desires for the future before an unexpected health event occurs.

### **About Zuhri Care**

Zuhri Care is a fully insured agency dedicated to providing exceptional home care for seniors. Focusing on physical, cognitive, and emotional support services, Zuhri Care creates personalized care plans to help seniors maintain their independence and quality of life. The mission is to deliver excellent care and improve the well-being of loved ones, ensuring they remain comfortable and dignified in their own homes.

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