



10 Signs Your Parent May Need Support at Home

If you're based in **Cowbridge, Llantwit Major, Barry or the wider Vale of Glamorgan** and starting to notice small changes in a loved one, you're not alone.

Often, it's the little things that signal someone may need a bit of extra support — and recognising them early can make all the difference.

Common Signs to Look Out For

- Changes in personal hygiene
- The home becoming untidy or cluttered
- Missed appointments
- Forgetting medication
- Changes in eating habits
- Reduced mobility or confidence
- Increased forgetfulness
- Loneliness or withdrawal
- Difficulty managing daily tasks
- General sense that something isn't quite right

What This Means

Not all of these signs mean immediate action is needed — but they are worth noticing. Early, gentle support can help your loved one stay independent for longer.

How We Can Help

At Sweet Pea Home Help, we provide warm, person-centred support that fits naturally into your loved one's routine.

- Companionship visits
- Help around the home
- Shopping & errands
- Appointments & outings

Get in Touch

Sweet Pea Home Help
Supporting families across **Cowbridge, Llantwit Major, St Athan, Rhoose, Barry and the Vale of Glamorgan**

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