



10 Signs an Older Parent May Need Extra Help At Home

Practical guidance for families supporting older loved ones across Cardiff and the Vale of Glamorgan.

It can be difficult to know when occasional support may help an older parent continue living safely, comfortably and independently at home. Often, the signs appear gradually.

This guide highlights some of the most common changes families begin to notice — and how gentle, practical support can make everyday life feel easier again.

1. Housework Becoming Difficult

A home that was once tidy may become harder to maintain, with everyday chores becoming physically tiring or overwhelming.

2. Forgetting Appointments or Bills

Missed appointments, unopened post or unpaid bills can sometimes suggest daily life is becoming harder to manage.

3. Increasing Loneliness

Many older people experience loneliness when confidence, mobility or social opportunities begin to reduce.

4. Difficulty Shopping

Getting groceries, collecting prescriptions or carrying shopping bags may become increasingly difficult.

5. Cooking Less Often

An older parent may begin skipping meals, relying on snacks or losing interest in preparing proper meals.

6. Reduced Confidence

You may notice hesitation around driving, going out alone or managing routines they once handled easily.

7. Changes in Mobility

Moving more slowly, becoming unsteady or struggling with stairs can make everyday life more challenging.

8. Growing Concern from Family

Often, families simply notice that something no longer feels quite right — even if they cannot immediately explain why.

9. Memory Changes

Repeating stories, forgetting conversations or becoming more forgetful may indicate extra support would help.

10. Daily Life Feeling Overwhelming

Tasks that once felt manageable can gradually begin to feel stressful, exhausting or emotionally overwhelming.

A Little Extra Support Can Make a Big Difference

Sometimes, a little extra support at the right time can help an older person maintain their independence, confidence and quality of life at home for longer.

At Sweet Pea Home Help, we provide warm, consistent home help and companionship support designed to help older people continue living comfortably and confidently in familiar surroundings.

Unlike larger agencies, we are a husband-and-wife team offering a more personal and relationship-led approach.


Sweet Pea Home Help

Supporting older people across Cardiff and the Vale of Glamorgan

Services may include:

- Companionship visits
- Shopping & errands
- Support attending appointments
- Meal preparation support
- Wellbeing check visits
- Gentle day-to-day practical help
- Respite support for families

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Sweet Pea Home Help provides non-personal care home help and companionship support for older people wishing to remain independent at home.