



When Should I Start Worrying About My Parent Living Alone?

If you're based in **Cowbridge, Llantwit Major, Barry or the wider Vale of Glamorgan** and starting to worry about a parent living alone, you're not alone.

It's often the small things that change first — a missed appointment, an untidy home, or a sense that something just doesn't feel quite right.

If you're starting to worry, you're not overreacting — you're noticing. Early support can make all the difference in helping someone stay safe, happy, and independent at home.

Signs to Look Out For

- Changes in personal hygiene
- The home becoming untidy or cluttered
- Increasing forgetfulness
- Changes in eating habits
- Reduced mobility or confidence
- Loneliness or withdrawal

Trust Your Instincts

If something feels different, it usually is. You don't need to wait for a crisis to introduce gentle support.

How We Can Help

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

- Companionship visits
- Help around the home
- Shopping & errands
- Appointments & outings
- Friendly, familiar support

Get in Touch

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

■ 07767 538280
■ sweetpeahomehelp@gmail.com
■ www.sweetpeahomehelp.co.uk