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Has Mom Been Falling?

I was talking to one of my estate planning clients the other day and she said, “I saw my mother day and she had bruises on her arms and legs. She lives alone and I’m worried that she’s falling at home.”

Well, bruising is a complicated issue. When someone is older and lives alone, falling can be very serious. On one hand, bruising occurs more easily in older people; sometimes (especially with certain medications) bruising can occur without any injury, fall or impact of any kind.

So if you have a senior in your life who is experiencing bruising, don’t ignore it. Tactfully broach the topic with him/her. You might open the conversation with something like, “Mom, that’s a nasty-looking bruise! Where did you get that?”

Depending on her response, you may need to pursue it further. If Mom claims the bruising is from the medications she is taking, I would suggest you consult her doctor. (especially if the problem is on-going) The doctor could verify what mom is saying, or perhaps change moms medicine to help with the problem.

If it’s not the medication, the doctor could help you discuss falling with your mom. Elderly parents will sometimes discuss such matters more readily with their physician than their child.

In either case, don’t ignore the situation. Your loved-one’s safety is of primary importance. Better to risk injuring their pride than risk injuring their health with a fall that could be prevented.