

Signs Your Loved One Needs Assisted Living

How will I know when it is time for my loved one to enter an assisted living facility? What signs should I look for? These questions are common when family members notice a change in the health and/or environment of their elderly loved ones. Is it just part of the aging process or is it time to find an alternative living solution? To help you determine the needs of your loved one, there are several SIGNS you should look for.

- Tasks that were once simple are now labor-some.
- Weight loss/Lack of appetite.
- Less mobility/Trouble getting around
- The house is un-kept and laundry is piling
- They are having difficulty managing their medications
- Personal appearance and hygiene are lacking (Trouble brushing their teeth, showering, combing their hair, etc.)
- Loneliness or need for socialization
- Lack of interest or motivation
- No longer able to drive

It is important to recognize these signs early and work with your loved one to determine the most appropriate living situation. If you wait too long, they may end up injured or in need of additional care or a skilled nursing facility. Assisted living can be the ideal alternative to living at home.

Assisted living facilities allow your loved one to maintain strong levels of independence, while not feeling like a "burden" to their families. Your loved one will also have the opportunity to participate in activities, socialize and meet new friends, and enjoy healthy, delicious meals. Assisted living allows your loved one to personalize their own room or apartment and make it their home. They can come and go as they please and the environment does not have that "institution" feel.

Often times it is more difficult for you to move your loved one into an assisted living facility knowing that they are no longer able to care for themselves. However, you should recognize the strong potential that your loved one will thrive in an assisted living environment. They will have twenty-four hour care, an extensive social calendar, and a life of endless possibility.