

Seven Signs It's Time to Consider Assisted Living

As the holiday season begins, many adult children are making plans to visit parents living in another town or perhaps, another state. Spending extended time with aging parents or other relatives may lead to the question, "Is it time for my loved one to move to Assisted Living?"

The below checklist can help you and your loved one recognize common signs that it's time to make a change.

- ❁ **Is home maintenance becoming too much?**
 - If keeping up with daily household chores such as vacuuming, laundry or general household maintenance is stressful or too difficult for your loved one, assisted living can be a welcome relief by offering maintenance-free living.
- ❁ **Are the activities of daily living a challenge?**
 - Do things like bathing, dressing, mobility and medication management present a physical or safety challenge for your loved one?
- ❁ **Does your loved one need more opportunities to socialize?**
 - If your loved one is lonely, bored or isolated, assisted living can provide an opportunity for positive relationship development with staff and connections with others their own age. These social interactions can boost mental health and increases the likelihood of participating in life enrichment events and activities.
- ❁ **Is care coordination a challenge?**
 - Is getting to or managing care appointments difficult for your loved one? Would they benefit from being in a community that helps coordinate their care and provides transportation to nearby appointments?
- ❁ **Is maintaining proper nutrition a challenge?**
 - Grocery shopping and cooking for one, or even two, can be challenging as people age, and they may lack the energy or motivation to do. Being in a community provides access to three chef-prepared meals a day and ensures that special dietary needs are being met.
- ❁ **Have others close to your loved one commented on his or her health?**
 - Have friends or family members noticed a change in the health or social habits of your loved one? Often these changes are not as noticeable to those closest to the situation and it can be helpful to have insight from others.
- ❁ **If you are a caregiver for your loved one, can you continue to do so?**
 - If continued caregiving responsibilities seem like too much or if you fear you're not giving your loved one adequate care, seeking out a community of trained, compassionate professionals can ensure the care of your loved one but also your own physical and mental health.

To learn more about Assisted Living at VMRC, visit our website at vmrc.org/assisted-living or give us a call at 540-564-3400.

