

Signs Your Loved One Needs Assisted Living

Knowing whether or not a loved one needs assisted living can be challenging if you don't know what to look for. To help you determine what is best for your loved one, here are several signs to watch for:

- Simple tasks are now labor-some
- Weight loss/Lack of appetite
- Less mobility/Trouble getting around
- Disorganization is more noticeable
- 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 for a safe living environment without becoming too impersonal. Your loved one can personalize their room or apartment and make it their home. They can also come and go as they please, and enjoy a comforting environment.

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 possibility.