

Signs that Your Loved One Might Need Assisted Living

Housekeeping

- House or apartment looking messy and/or dirty
- Lack of fresh or “healthy” foods in the refrigerator
- Difficulty with grocery shopping, meal preparation, nutritious eating
- Burned food in pots and pans, dirty dishes in the sink
- Unchanged bedding
- Laundry accumulating; difficulty with washing and folding
- House or apartment has inaccessibility and/or safety issues
- Bills and mail unopened and unanswered

Hygiene

- Infrequent showering or bathing
- Unshaven or not groomed for multiple days
- Failing to change to clean clothes regularly

Medications

- Forgetting to take medication, not following prescribed schedules, using it improperly
- Confusion or inability to refill prescriptions
- Difficulty remembering, making, and/or getting to medical appointments
- Unable to handle medical issues and treatments

Behavioral

- Difficulty with checkbook or money management
- Failure to keep appointments
- Dressing inappropriately for the weather or occasion
- Statements that don't make sense or lack continuity
- Increasing forgetfulness and confusion
- Inability to handle daily living responsibilities
- Lack of interest or withdrawal from family gatherings, hobbies, and/or normal activities
- Sadness at lack of friendships and ability to participate in social interactions
- Other signs of depression and/or anxiety
- High levels of frustration at life's physical, transportation, financial, and other limitations
- Constant phone calls and neediness for your presence in your loved one's life, or, alternatively, limiting or cutting off contact and interaction

And do you?

- Constantly worry about the physical and emotional health, safety, and well-being of your loved one
- Feel the need to be “on-call” 24/7
- Check in multiple times a day
- Provide the majority of their social contact and interaction
- Assist with bathing, dressing, grooming, and other personal care tasks
- Serve as the primary driver to medical appointments, shopping, activities, appointments, and other transportation needs
- Handle the laundry, housekeeping, shoveling, lawn care, and other household maintenance tasks
- Pay the bills, balance the checkbook, and handle all your loved one’s financial matters
- Provide financial assistance or supplement your loved one’s income
- Fail to take vacation time and personal breaks for yourself because of your responsibilities to your loved one
- Miss family time, work, social plans, and other obligations because of your loved one’s needs