How do you know IT'S TIME FOR ASSISTED LIVING?





Adding Life to Years!



How do you know when IT'S TIME FOR ASSISTED LIVING?

If during your holiday visit, you notice...

- A decrease in your loved one's personal hygiene
- Trouble keeping up with bills
- The refrigerator is bare or mostly stocked with spoiled foods
- Trash and routine household chores are piling up
- A change in your loved one's mobility, unsteady and/or evidence of minor injury
- Medications scattered, unorganized, or evidence of confusion on when or what to take
- Change in phone calls such as being forgetful or confused on day or time of day
- The well-loved home isn't getting the same care and maintenance it once had

It may be time to consider assisted living for your loved one. Read more about the "Signs of when it is Time."



How do you know when IT'S TIME FOR ASSISTED LIVING?

Many of us will likely visit our aging parents for the first time in a while this holiday season. The visit may provide the chance to assess how your loved ones are doing and decide whether they require or would welcome assistance.

There is nothing like an in-person visit to determine how things are going, even if you frequently contact them via phone or video conversations.

Most of the time, people are not thrilled about the prospect of moving into an assisted living community.

A significant change in life, such as the death of a spouse, the deterioration of a medical condition, or just experiencing more difficulties with daily activities, frequently influences this decision. Each case is specific to the person.

A few telltale signs indicate a senior's need for assisted living services. You'll feel more confident in your choice if you pay attention to their current abilities.

Is it time for assisted living?

LOOK FOR THE FOLLOWING WARNING SIGNS:



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Worsening Physical Health

As seniors age, their physical condition deteriorates. There may be restrictions on how freely they move around their homes. Additionally, as people age, they risk contracting a chronic illness like heart disease or Alzheimer's. When elders need more help getting around or have frequent falls, it might be time to consider the choices.

Isolation

More than likely older people who live alone experience loneliness regularly. However, when loneliness develops into a lack of desire to socialize, engage in hobbies, or communicate with family members, they become susceptible to depression and risk losing their mobility and having their medical problems worsen. It may be time to look for something new if you've noticed that your loved one is regularly bored or lonely and lacks interest or motivation. Residents in assisted living communities get the chance to interact with others through fun activities like game nights and fitness courses.

Inability to Complete Daily Tasks

As people get older, problems related to everyday tasks are some of the most common issues. Activities of daily living, or ADLs for short, are duties that must be performed daily, including grooming, using the toilet, taking medications as prescribed, dressing, and bathing. Medication management is the ADL that poses the greatest risk of injury to senior citizens. Any incorrect dosage administered at the wrong time may be harmful. Seniors who live in assisted living communities can get specialized services to aid them with daily tasks. It gives you comfort to know that your loved one is getting the help they require, and it also helps them.

Caregiver Burnout

Caregivers are under pressure to meet a senior's needs while simultaneously managing household chores, including cooking, cleaning, shopping, yard work, and laundry. The relationship between you and your spouse or parent may be severely strained as a result of your lengthy to-do list.

When you are exclusively in charge of ensuring the physical and mental health of your loved one, your own well-being suffers. As caregivers continually put others before themselves, they frequently are the last to recognize their exhaustion and burnout.

It's crucial to assess your needs and give them top priority. Ask for help from an assisted living community if you're having trouble keeping up. In some circumstances, a brief stay is provided to give you a break and give your loved one a chance to get to know the neighborhood.



At Camellia Place in Woodstock, GA, we know how difficult this decision is. Our mission is to close the gap between accepting assisted living services and maintaining as much independence as possible. We provide a continuum of customized services that can be added to or subtracted from as necessary. To arrange a tour at Camellia Place, get in touch with us!

> www.camelliaplace.com 770-296-1513

