



**Ascension
Living**

Is it time to consider Assisted Living for your loved one?

Is your loved one eating healthy, balanced meals regularly? Is there a noticeable weight loss or gain?

If you've noticed a weight loss or gain you may need to see if your loved one is getting enough to eat or eating appropriately. Sudden weight loss or gain could be a sign that there is something else wrong.

Each time you visit your loved one, are they wearing fresh, clean clothing?

This could be a sign of memory loss in either remembering what they already wore, or forgetting how to use the appropriate appliances. It could also be a sign of loss of a physical ability to get to their appliances.

Is your loved one taking their medications? Are they taking the correct dose?

Warning signs could include hospitalizations, stockpiled or expired medications, and pill boxes that are not current. Look for dropped pills near where the pill box is stored.

Is your loved one still driving? Has there been an increase in accidents? If they have already stopped driving, do they have an alternate mode of transportation?

If you find they are forgetting where they are going, dents or scratches on their vehicle are more frequent, or traffic citations are increasing, it may be time to look at their ability to safely drive. When they need to get around using an alternate mode of transportation, how reliable is it?

Is their home equipped with safety modifications? How will they reach out for help when they need it?

Grab bars and an emergency alert system may need to be installed if not already there.

Do you find stacks of mail, unpaid bills, and past-due notices at your loved ones house?

They could be losing track of time or are no longer able to sign their name on a check.

Do you find that their house is showing signs of neglect?

If there is a change in how they do daily tasks, such as preparing meals, cleaning dishes, taking out trash are just a few signs to look for.

Is there noticeable isolation occurring?

Your loved one may not be going out of the house or spending any time with friends or loved ones.

If your loved one is showing any of these signs it may be time to look into options for Assisted Living. Ascension Living care teams are here to help. Give us a call to see how we can help you.

Call **316-685-0400** to learn more. Or visit, ascensionliving.org/viachristigeorgetown



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