



**Ascension
Living**

Is it time to think about Assisted Living for your loved one?

We understand that addressing the need for assistance isn't an easy topic to discuss. Use these questions to start the conversation about maintenance-free, senior living.

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 in your loved one, you may need to see if they are 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 other reliable transportation?

If you find your loved one is forgetting where they are going, dents or scratches in 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 your loved one's 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 may no longer be able to sign their name on a check.

Do you find that your loved one's house is showing signs of neglect?

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

Is your loved one starting to isolate

Your loved one may not be going out of the house or spending any time with friends or other 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 listen and to provide personalized compassionate care. Give us a call. We are ready to help.

**Visit, ascensionliving.org/find-a-community
to connect with a team member near you.**

