

IS IT TIME FOR ASSISTED LIVING?



Do you have a senior in your life who may be in need of additional care? Determining what time is the “right” time can be difficult. Your loved one is aging, but do they really need extra help? Is it no longer safe for them to remain alone in their own home?

To help you answer this important question, we have developed a checklist of the signs of aging that may indicate the need for assisted living. Some changes due to aging are normal, while others may be cause for concern.

- ☐ Household Chores Not Done
 - Neglected or dead houseplants
 - Extra clutter or hoarding behaviors
 - Dirty clothes on the floor
 - Bedsheets not changed
- ☐ Changes in the normal upkeep of the kitchen
 - Storing expired food
 - No food in the refrigerator or cabinets
 - Food left out uncovered
 - Dirty dishes, trash build-up
- ☐ Signs of Incontinence
 - Urine stains on furniture
 - Noticeable accidents around toilet
 - Odor
- ☐ Decline in Health or Personal Care
 - Frequent injuries (even if they are minor)
 - Weight loss
 - Not bathing regularly
 - Hair is unkempt
 - Clothes worn are “out of season”
- ☐ Issues Taking Medications
 - Missed or overtaken pills
 - Taking expired medications
 - Pills scattered on counters, floors
 - Difficulty refilling prescriptions
 - Difficulty opening pill bottles

- ☐ Changes in Behavior
 - Sleeping on a sofa or in a chair instead of their bed / changes in sleeping habits
 - Bills being paid late or not at all
 - Less social
 - Calling at odd times of the day
 - Paranoid
 - Getting lost while driving
 - Missing appointments or routine events such as church or doctor’s appointments

If you notice any of these changes with your loved one, it may be time to start a discussion about Assisted Living. The friendly admissions team at Tall Oaks is here to offer help, guidance, and resources.

Call our friendly admissions team today at 703-834-9800. We look forward to being your guides through the world of senior care!



Tall Oaks
ASSISTED  LIVING

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