



## Is It Time for Assisted Living? Look Out For These Signs

After spending a few days with your senior loved one, have you ever felt concerned when it was time for you to head back home? Maybe you worried that they would feel lonely without your presence, or you were nervous about how they would handle their usual domestic responsibilities without a helping hand.

If you've been having these thoughts about your senior loved one, it may be time to explore assisted living options, from 55+ communities to adult daycare. The following signs generally indicate that your loved one would be better served by an assisted living facility.

### Difficulty With Everyday Tasks

Does your loved one often drop things or struggle to safely use knives while cooking? Do they forget to lock the front door after coming inside? Do you feel nervous when you're in the passenger seat while they're [driving](#)? These are all warning signs that they may need the extra help that the staff at an assisted living facility could provide.

### Risking Injury

Most houses simply are not designed with the needs of seniors in mind. Unfortunately, this means that many seniors find it difficult to get around their own properties, and simply walking from one room to another could mean suffering from a life-threatening [fall](#).

Has your loved one fallen recently? If you're worried that this will happen again in the future, especially when you're not around to help them up, it's a good time to start thinking about assisted living options.

### Loneliness and Isolation

Even if you make it a point to spend lots of time with your senior loved one, loneliness can easily set in. Loneliness is a very common problem that many seniors face, and long-term feelings of loneliness can lead to more serious mental health conditions, like [anxiety](#) or depression.

According to [VeryWellMind](#), a persistent low mood, a loss of appetite, and fatigue are all symptoms of clinical depression. If your loved one has exhibited any of these symptoms, moving to a full-time assisted living community or spending some scheduled time at an adult daycare could help alleviate those symptoms.

## **Medical Concerns**

Even if your senior loved one is still generally healthy, it's perfectly normal if you are concerned about them developing a medical condition that would require regular attention. If they have been going to the doctor more often than they used to, you may want to start researching nearby facilities and the services they provide. In certain assisted living facilities and adult daycares, the staff are trained to assist residents with medical needs.

## **Making the Decision**

If you feel certain that your loved one needs more care and attention than you can give, it's time to have a honest conversation about moving to assisted living. [Where You Live Matters](#) suggests bringing up your concerns with your loved one and expressing empathy for their situation.

It's important to discuss the different types of assisted living facilities with your loved one so that you can decide on the best fit together. For instance, an independent living facility offers housing, fun common spaces, and a variety of amenities and helpful services, while assisted living also provides help with everyday tasks, hygiene, and medical care. An adult daycare facility can provide a happy medium if you still want to be in charge of some caregiving responsibilities.

Sometimes, it isn't easy to tell when a senior loved one would be ready for an assisted living facility or would benefit from spending time in adult daycare. But if you know your loved one well enough, you will begin to sense when it's time. If they display any of the above signs, take it seriously. After all, you want your loved one to receive the care and support that they need.

## **Additional Resources:**

[Combating Loneliness in Seniors](#)

[16 Common Conditions Affecting the Elderly](#)

[What Can I Make From Selling My Home?](#)

[5 Must-Have Home Modifications for Seniors Aging in Place](#)

[The Difference Between Independent Living and Assisted Living](#)

[5 Ways to Pay for Assisted Living Costs](#)

Source: [Alzheimerscaregiver.net](http://Alzheimerscaregiver.net)