



Is It **Time** To Move To Assisted Living?

Loss of Vision—As a person ages, vision can deteriorate to the point where reading is dramatically impacted and even the ability to navigate within the household is impaired.

Poor Balance—Many seniors can become increasingly frail and have a tendency to imbalance, putting them at risk for falls.

Memory Loss; Forgetfulness—Memory loss and forgetfulness can dramatically impact the well-being and safety of an elderly person living alone. factors.

Fatigue—The reality is that many seniors reach a point when they are no longer able to consistently care for themselves or their home.

Loneliness—For some seniors, isolation and loneliness can become a factor. When regular interaction with others becomes infrequent, seniors can very quickly lose their sense of involvement and motivation for activities.

Dementia—When Alzheimer's disease or dementia is diagnosed, it is often time to consider alternative care to maintain the safety and quality of life for the individual.

Physician Prescribed—At times, physicians will determine whether or not someone can be left alone due to health conditions that require monitoring.

The choice to move into assisted living is as individual as the person making the decision. There is no clear-cut, step-by-step template that tells people exactly when it is time to consider assisted living as a long-term care option.

However, certain situations and signs may indicate it might be time to consider alternative living arrangements. Generally speaking, families and seniors begin to consider alternatives when it becomes difficult for elderly family member to carry on with important activities of daily living without significant support and assistance from others.

Many times the family and future resident are able to make a joint decision about when it is time to consider moving into assisted living. This type of decision-making allows for some research and time to explore the very real concerns of the older person and leads to a greater satisfaction with the choices made.

Perhaps the best advice is to follow your heart to know exactly when it is time for you and your loved one to make the transition. Change is rarely easy for anyone. The good news is that most seniors, once they weather the upheaval of transition, report that assisted living has offered them enhanced quality of life.



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2690 N.E. Yacht, Lincoln City, OR ■ (541) 994-7400