

10 Signs It's Time to Consider Assisted Living A Checklist for Families Navigating the Next Step in Care

1. Safety Concerns Are Increasing

- Your loved one has experienced falls, accidents, or close calls at home.
- You worry about them wandering, leaving the stove on, or forgetting to lock doors.

2. Medication Management Is Slipping

- They forget doses, double up on medication, or rely on you to keep track.
- Managing prescriptions has become confusing or overwhelming for them.

- 3. Nutrition and Meal Prep Are a Challenge
 - □ You've noticed weight loss, expired food, or skipped meals.
 - Cooking is difficult or unsafe due to physical or cognitive decline.

🕐 4. Personal Hygiene and Housekeeping Are Declining

- They're wearing the same clothes for days, neglecting showers, or forgetting to brush teeth.
- Their home is becoming cluttered, dirty, or unsafe.

5. Memory Loss or Cognitive Decline Is Worsening

- They frequently forget names, appointments, or familiar routines.
- Confusion or signs of early dementia are affecting daily life.
- 6. Increased Isolation or Loneliness
 - They rarely leave the house or socialize.
 - You're concerned about emotional health, depression, or withdrawal.

😇 7. Mobility Is Decreasing

- *Moving around the home is difficult or dangerous.*
- They need help getting out of bed, walking, or transferring to a chair.

8. Care Needs Are Exceeding What You Can Provide

- You're spending most of your time coordinating or providing care.
- Their needs are more than you can safely or reasonably meet.

9. Caregiving Is Affecting Your Health or Family Life

- You're emotionally exhausted, physically drained, or feeling resentful.
- Your own relationships, job, or health are suffering.
- 🏠 10. You Both Deserve a Better Quality of Life
 - You want your loved one to enjoy social connection, safety, and support.
 - You want to return to being a daughter, son, or spouse—not just a caregiver.

If you checked 3 or more boxes...

It may be time to start a conversation about assisted living. This isn't giving up—it's a loving decision to ensure your loved one is safe, supported, and engaged in a community that cares.

You're Not Alone—And You Don't Have to Do This Alone

If this checklist resonated with you, it may be time to take the next step. At Sarawood Assisted Living, we understand the challenges of caregiving—and we're here to help you find peace of mind, renewed connection, and compassionate support for your loved one.

Schedule a confidential conversation or a personal tour today.
Let's talk about what's best for your family—no pressure, just support.

Elick here to schedule your visit or call

Together, we can find a path forward—one that honors your love, your health, and your family's future.

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