

Is **ASSISTED LIVING** the **RIGHT CHOICE** for My Loved One?

Families should be alert for signs that an older relative is no longer safe and healthy living at home. Is your loved one ready for assisted living? Here are some questions to ask:

- Has your loved one’s home become dirty and cluttered?..... **YES** **NO**
- Does he/she skip meals or is unable to cook for him/herself, eat mostly junk food or fail to follow the healthcare provider’s nutritional advice?..... **YES** **NO**
- Does he/she have trouble using existing stairs, bathroom fixtures, kitchen counters, laundry area or other home features?..... **YES** **NO**
- Is he/she lonely, inactive, sleeping more than usual or showing signs of depression? **YES** **NO**
- Does he/she forget to take medications or take them in the wrong way?..... **YES** **NO**
- Does he/she miss doctor appointments or fail to follow the healthcare provider’s instructions?..... **YES** **NO**
- Is driving unsafe for your loved one?..... **YES** **NO**
- Are family members stressed and worried about your loved one’s well-being? **YES** **NO**
- Are family members worried that your loved one would not be able to get help in the event of a fall or other emergency? **YES** **NO**
- My loved one asks me for help when he/she needs it..... **YES** **NO**

If you answered “yes” to several of these questions, you may want to learn more about possible options for your loved one that promotes his/her independence, health and safety. Alden can help by offering advice and guidance – just call us at 800-291-5900? Or visit www.DiscoverAlden.com.

