



WHEN IS THE RIGHT TIME TO MOVE YOUR LOVED ONE INTO ASSISTED LIVING?

More than 42 million Americans devote time and energy caring for their loved ones, according to the Alzheimer's Association. However, caregivers often find themselves unable to provide care without suffering from stress or impacting their own wellness in the process. At that point, it may be time to consider other options such as assisted living. Here are questions to consider when making the decision for you and your loved one:

ARE YOU CONCERNED FOR YOUR LOVED ONE'S SAFETY?

- Are they likely to wander off and not be able to find their way home?
- Are you nervous that they might not make the safest decisions if left alone?
- Do you feel that you, another family member or a hired caregiver must be with them at all times in order to be safe?
- Has your loved one left the stove on or left water running for an unknown period of time?

DO YOU FEEL YOUR LOVED ONE'S HEALTH AND WELL-BEING COULD BE IMPROVED?

- Do you struggle with helping your loved one realize the importance of taking medications on a regular basis?
- Do you often argue with your loved one over care decisions?
- Do you feel like the care needed has grown beyond your capabilities?
- Is your loved one refusing to eat, bathe or get dressed routinely?

ARE YOU OFTEN FRUSTRATED, PHYSICALLY ILL OR SHORT-TEMPERED?

- Do you feel like you've given up who you are as a person, in order to fulfill the role as a caregiver?
- Are you low on energy and falling ill more frequently as a result of your role of caregiving? Are you out of patience with your loved one and feeling depressed over giving up things that are important to you?
- Is it hard to maintain your composure when tending to personal care needs routinely or answering the same questions over and over again due to your loved one's memory impairment?

ARE YOU MISSING FAMILY/WORK EVENTS DUE TO INCREASING CARE NEEDS?

- Have you missed family reunions or gatherings due to caring for your loved one?
- Have you or your family members missed work due to caregiving obligations?
- Have you ever had to give up attending an event because a caregiver or family member has backed out on their commitment to care for your loved one?
- Are you missing events for your children/grandchildren because the needs of your loved one keep you from having the freedom to leave at will?

If you've found yourself relating to the above, it may be time to find alternative care options for your loved one. It is important to research resources available to you - from support groups to touring assisted living communities; it is a process that will take some time. However, you will gain a new perspective and feel more prepared when the time comes to make a decision.

If you would like more information, please contact Inspir Modern Senior Living. Our knowledgeable staff of professionals understands and is here for you and your loved ones throughout the journey.



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