

IS IT TIME TO SEEK SENIOR CARE?

Recognizing the Signs in Your Senior

Making the decision that it is time for a parent or elderly adult to move to a senior living community can be difficult for everyone involved. When you are used to seeing your older loved one in a provider role, you may accidentally overlook the signs of their decline. If you're not sure, this checklist may help you decide if it is the right time for your senior loved one to move to a senior living community.

Home Life Questions:

Does your senior have trouble managing their Activities of Daily Living?..... ☐ Yes ☐ No
(ADLs are skills needed to be able to live independently like dressing, shopping, or toileting.)

Is your senior having trouble managing household duties?..... ☐ Yes ☐ No
(This may include neglecting plants, pets, yardwork, laundry, or home repairs.)

Does your senior have multiples of the same food items?..... ☐ Yes ☐ No
(Could indicate that they can't remember what is at home when they go grocery shopping)

Does the kitchen or stove show signs of fire?..... ☐ Yes ☐ No
(Badly burned pans or pot holders may indicate your senior is having trouble safely preparing food.)

Does your senior have trouble driving?..... ☐ Yes ☐ No
(Seniors may not maintain their vehicle, practice dangerous driving, or only drive at certain times.)

Is your loved one having trouble managing their bills or finances?..... ☐ Yes ☐ No
(Seniors may have many letter from banks, creditors, insurers, or many unopened bills.)

Additional Comments:

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No Professional Medical Service or Advice

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Health Questions:

Has your loved one recently taken a fall or had a medical emergency?..... ☐ Yes ☐ No

(While accidents happen, as you get older, the likelihood of them happening again will increase.)

Did your senior recently take a long time to recover from a recent illness?.... ☐ Yes ☐ No

(Did a flue turn into something more deadly like pneumonia or bronchitis?)

Does your loved one have a worsening chronic condition?..... ☐ Yes ☐ No

(A senior will require more care and supervision as they age with a worsening chronic condition.)

Does your senior require more care than the primary caregiver can give?..... ☐ Yes ☐ No

(Is your caregiver too stressed or burned out from caring for your senior?)

Social Questions:

Does your loved on still participate in their favorite hobbies or activities?..... ☐ Yes ☐ No

(Seniors who stop doing the things they love may have mobility issues or feel isolated or depressed.)

Does your senior still get together with friends for social outings?..... ☐ Yes ☐ No

(Older adults significantly benefit from companionship. If they feel isolated, it can affect their health.)

Does the senior spend days without leaving the house?..... ☐ Yes ☐ No

(May indicate that the senior can no longer drive or has trouble with public transit.)

Additional Comments:

None of these factors alone should determine whether a senior needs to move to a senior living community, but if you said to many of the questions, you might consider it. You can talk with your senior, their friends and family, and their medical team to determine what is best for your senior loved one.

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