

A CHECKLIST FOR FAMILIES CONSIDERING ASSISTED LIVING

Wondering if your mom or dad is ready for assisted living?
If you answer **“yes”** to four or more of the questions in the checklist below,
assisted living might be the perfect next step for your loved one.

- ☐ Do they sometimes forget to take their medications?
- ☐ Are they still cooking proper nutritious meals?
- ☐ Are they maintaining a healthy weight and getting some form of exercise?
- ☐ Have they fallen behind on bills? Is old mail piling up?
- ☐ Do you worry about your loved one's safety when they are alone?
- ☐ Are they able to handle housework, yard work and home repairs on their own?
- ☐ Do you think your loved one feels isolated, lonely or bored?
- ☐ Do they seem to be withdrawn, fearful or depressed?
- ☐ Are they exhibiting signs of memory loss or dementia?
- ☐ Can your loved one shower and bathe regularly without help? Are you worried about their safety in the tub or shower?
- ☐ Are they able to schedule and drive to regular medical appointments?
- ☐ Do they make excuses about why they don't see friends or attend social events?
- ☐ Are you afraid that your loved one is at risk of falling? Have they fallen recently? Have you noticed a change in their walking, mobility or balance?
- ☐ Are you attending physician visits to help answer questions or because they have a hard time remembering doctor recommendations?
- ☐ Has your loved one's driving ability diminished? Are they no longer driving or do you think they should no longer drive?
- ☐ Were they recently hospitalized? Are you worried about them recovering at home alone?



If you do decide to consider assisted living, be sure to bring this checklist with you on your tour to help you decide if it's "the right fit" for your loved one.