

WHEN IS IT TIME TO MOVE?

A Senior Living Guide to Understanding the Signs of Aging in Today's Society

WHAT TO LOOK FOR IN A HOME

- Empty refrigerator
 - No longer cooking
 - Expired food
 - Unkept home and/or unkept yard
 - Stairs
 - Concerned for security
 - Living in a 6-foot radius; not using other rooms in home
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PHYSICAL WELL-BEING

- Relying on furniture while walking
 - History of falls/fear of falling
 - Recurring ER visits
 - Socially isolating from peer groups
 - Change in hygiene
 - Forgetting medications or taking too much
 - Unexplained bruises or scratches resulting from a fall
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DEMENTIA / ALZHEIMER'S

- Short-term memory loss
- Anxious behavior/paranoia
- Difficulty communicating needs and/or wants
- Wandering
- Sundowning: confusing day & night
- Sudden weight loss or changes in eating patterns
- Misplacement of items



TRADITIONS

Every family has traditions, let us be a part of yours.