

Is **assisted living*** right for your loved one?

Use this checklist to determine if your loved one could benefit from the additional support of assisted living.

My loved one...

- ☐ Requires support with everyday tasks such as grooming, dressing, bathing, and meal preparation.
- ☐ Has a history of falls.
- ☐ Experiences some level of incontinence.
- ☐ Depends upon a caregiver or aide for support in their home every day.
- ☐ Cannot prepare meals independently.
- ☐ Requires assistance with or reminder to take their medications throughout the day.
- ☐ Receives assistance scheduling medical appointments.
- ☐ No longer takes part in activities, programs, or events in their local community, or is becoming socially isolated.
- ☐ Would benefit from social opportunities and programs in a smaller, more accessible environment.
- ☐ Would benefit from a personalized service plan designed by a care team.
- ☐ Would benefit from access to pull cord and emergency two-way communication with on-site care team.
- ☐ Would benefit from psychosocial support.

If you checked any of these boxes, assisted living may be a good option for your loved one. **Contact us today to learn more and discuss your specific needs.**