

10 Signs

It Might Be Time for Assisted Living or Memory Care

Burcham Hills, located in East Lansing, Michigan, is here to offer you some exceptional advice. The decision to help an aging loved one move out of a current home is not an easy one. But, above all, you want to ensure that Mom and Dad are safe and well. How can you feel more confident about whether circumstances suggest your loved one should no longer live alone? Watch for these 10 warning signs.

1. DRIVING

Don't ignore near misses, fender benders, and new dents or nicks. Request a ride to assess your loved one's current driving skills.

2. APPEARANCE

Poor grooming or hygiene, like unwashed or uncombed hair and stained clothing, might mean a little assistance is needed.



3. ACTIVITIES

Watch for loss of interest in favorite pastimes. Giving up things that were once important may be a red flag.

4. MOODS

Frequent bouts of irritability, moodiness, depression or fatigue are always symptoms worth discussing.

5. MOBILITY

To avoid the risk of falls and fractures, watch to see if your loved one is more unsteady when walking, has recently fallen, or now has difficulty with stairs.

6. MEDICATIONS

Be on the lookout for empty or expired medicine bottles, unfilled prescriptions, or confusion about proper dosage and medication times.

7. MAINTENANCE

Sloppy housekeeping or a neglected yard may reveal that your loved one isn't faring as well at home alone anymore.

8. FOOD

Check the fridge and cupboards. Look for food that's old or spoiled – from past-due expiration dates to moldy leftovers and sour milk.



9. FINANCES

When unopened mail, unpaid bills and overdue notices stack up, it may raise concerns about how financial matters are being managed.

10. FORGETFULNESS

It's not just a natural part of aging when parents forget important appointments, repeat things constantly, or frequently lose their sense of direction.

If you detect any of these warning signs, it might be time for THE TALK. See the back of this insert for advice. Also feel free to schedule a visit to Burcham Hills for discussion tips and assistance.



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HOW TO BEGIN THE TALK

Bringing up the subject is the hardest part. We'll give you the confidence to get started. Mom or Dad may resist discussing assisted living because they're afraid of losing their sense of independence. You might avoid THE TALK because you're concerned about how they'll react. However, starting the conversation before a crisis arises removes anxiety and uncertainty, making it easier for everyone.



FOLLOW THESE SIMPLE GUIDELINES

Know Their Options

Research assisted living and memory care communities in your area – including costs. Find out if your aging parents have long-term care insurance or if a parent was a wartime Veteran to explore available funding. You need to know what they can afford to have a productive conversation about their wishes and needs.

Start As Soon As You Can

Bring up the topic before an emergency arises so you can discuss the future in a nonthreatening way. Sitting at the kitchen table chatting, with no need to make a decision that day, makes THE TALK much more comfortable.

Acknowledge Their Wishes

If your parents are willing, involve them in community visits. Always present senior housing options with positive language and an upbeat tone, and let them know it's important to you that they make the final decision.

CALL (517) 827-1072 FOR MORE CONVERSATION TIPS.



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