

Is It Time For a Change?

Suffice it to say that as most people age, they would like to remain in their own homes for as long as possible.

For many however, due to declining health, doing so may not be possible. Moving from one's home to a new environment for an older person is usually never easy, and understanding when one's current living situation may no longer be suitable is usually even more difficult to assess. Here are 10 signs that a move to a more supportive environment such as retirement residence, may be in order for your elderly loved one:

- 10 Less active lifestyle and tendency to stay at home
- 9 Exterior of home is less well maintained than usual
- 8 Change in communication quality or frequency
- 7 Fewer invites to the home or a change in visit patterns
- 6 Unopened bills and other mail
- 5 Unkept home, laundry or dishes piling up
- 4 Unexplained weight loss
- 3 Blackened pots or other damage to environment
- 2 Bruises or other signs of trauma from falls or difficulty navigating around the house

And the number one sign...

- 1 If you're experiencing concern for their well-being, they probably need help.

Source: The Care Guide (www.thecareguide.com)