

# IS IT TIME FOR ASSISTED LIVING?

## *Family Guide*

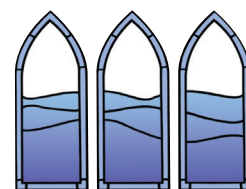


Assisted living is designed to help seniors who need extra support for their daily living activities. This can mean needing help preparing healthy meals, getting dressed, managing medications, social support, and more.

**How do you know when it's the "right time" for assisted living? Have your loved ones' needs surpassed the extra help you're providing in their home?**

To help answer this important question, we have developed a checklist of the signs of aging that may indicate the need for assisted living.

Examples of how each sign can display are provided. As your trusted resource for all things senior living, we can work with you to determine if any of these signs are cause for concern.



*Our Lady*  
**OF THE VALLEY**  
RETIREMENT COMMUNITY

- ☐ Household Chores Not Done
  - Neglected or dead houseplants
  - Extra clutter or hoarding behaviors
  - Dirty clothes on the floor
  - Bedsheets not changed
- ☐ Changes in the Normal Upkeep of the Kitchen
  - Storing expired food
  - No food in the refrigerator or cabinets
  - Food left out uncovered
  - Dirty dishes, trash build-up
- ☐ Signs of Incontinence
  - Urine stains on furniture
  - Noticeable accidents around toilet
  - Odor
- ☐ Decline in Health or Personal Care
  - Frequent injuries (even if they are minor)
  - Weight loss
  - Not bathing regularly
  - Hair is unkempt
  - Clothes worn are "out of season"

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☐ Changes in Behavior

- Sleeping on a sofa or in a chair instead of their bed / changes in sleeping habits
- Bills being paid late or not at all
- Less social
- Calling at odd times of the day
- Paranoid
- Getting lost while driving
- Missing appointments or routine events such as church or doctor's appointments

☐ Issues Taking Medications

- Missed or overtaken pills
- Taking expired medications
- Pills scattered on counters, floors
- Difficulty refilling prescriptions
- Difficulty opening pill bottles

## LET US BE YOUR RESOURCE!



If you think your loved one might need assisted living, the friendly admissions team at Our Lady of the Valley is here to offer help, guidance, and support. Reach out today.

**(540) 345-5111** • [ourladyofthevalley.com](http://ourladyofthevalley.com)  
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## NOTES

