



Here are some signs that your loved one may be in need of Assisted Living:

- Neglecting personal care. This can range from appearing disheveled and unkempt to signs of not bathing. Wearing dirty clothes or wearing the same thing all the time.
- Letting things go around the house. Clutter, piles of laundry, spoiled food, dying plants, dirty dishes that appear to have been sitting for a long time, overflowing trash, neglecting pet care
- Changes in personality. If someone is withdrawing from friends and social activities or giving up hobbies, it could be serious. Do you sense they feel isolated, lonely, or depressed? Do they rarely leave the house? Do they lack interest in things they used to enjoy?
- Safety issues such as worsening mobility, increasing number of **falls** and accidents, inability to properly manage **medications**, difficult getting up from a seated position, forgetting to turn off the oven or stove, struggling with going up and down stairs.
- Changes in **eating habits**. Skipping meals and be a sign that they're struggling with shopping or preparing meals. Look around the kitchen; do you find stale, expired, or spoiled foods, or multiples of items (for example, more cereal or juice than they can use in a lifetime)? Are they losing weight (lack of interest in food, perhaps) or gaining weight (forgetting they ate and eating again)?
- Overall cognitive decline. For example, lack of sound judgment, difficulty following directions, increased confusion, or requiring lots of prompts and reminders. Also, rely on neighbors and pay attention when they report observing unusual behaviors.
- **Driving** issues. Do they drive erratically? Have you seen unexplained dents or scratches on the car? In addition to being a sign for assisted living, it may also be a sign that it's time to take away the keys.
- Wrestling with finances. Watch for bills piling up, overdrawn bank accounts, final notices or calls from creditors, evidence they may have fallen victim to a **scam**, large volume of receipts or thank you letters from charitable organizations, or bills that have been paid multiple times.

If you're seeing these behaviors in your loved one, please call us at 215-539-9185 for a free, no-obligation consultation. We can help your loved one and give you peace of mind. There is no charge for our service!

