

## **Assisted Living – when to make the move**

People tend to wait until an emergency to consider moving into assisted living. Unfortunately, moving after crises adds undue stress on an older adult as well as their family.

Consider the following – if any are true of you or a loved one, a move to an assisted living community may be needed in the near future:

- A feeling of loneliness. Loss of friends from moving, passing away or a lack of interacting with friends.
- Considering giving up driving or recently had driving privileges revoked.
- Experiencing anxiety about maintaining the home.
- Experiencing a loss of mobility, eyesight or hearing.
- A loss of gain of ten pounds within a six month time frame.

If you or your loved one has begun talking about moving, it is likely the thoughts have been present for months before sharing with friends or family.

A good number of older adults need help and encouragement when making a move to assisted living. Don't let the stress of all that is involved in the move keep you from making the decision to go. People who move before an emergency have a much easier transition into assisted living – there are more options because there is more time.

Even if there has been an emergency, there is still time to find a great match. Having someone who knows the area, knows the different communities and their options and who will take the time to guide you through the process can help the transition go smoothly and with less stress.