

Is It Time for Assisted Living?

There is rarely one clear moment. Small changes add up: missed medications, falls, isolation, difficult meals, or family providing more care. Assisted living offers support while preserving independence, routine, choice, and connection. No single sign determines a move; consider the overall pattern of safety, health, connection, and support.

Signs to Start the Conversation

Daily tasks are harder

Help is increasingly needed with meals, housekeeping, laundry, bathing, dressing, or medication routines.

Safety concerns are increasing

Falls, near-falls, unsafe cooking, medication errors, or wandering raise concerns about safety at home.

Nutrition is slipping

Weight loss, spoiled food, skipped meals, limited fluids, or difficulty shopping and cooking are becoming more common.

Isolation is growing

Time alone is increasing, favorite activities have stopped, or meaningful social connections are limited.

Caregiver strain is growing

Family members are exhausted, worried, missing work, or providing more hands-on help than they can reasonably sustain.

Home is harder to manage

Cleaning, maintenance, stairs, transportation, or seasonal chores create recurring problems or added risk.

Health needs are changing

Appointments, medications, mobility, or ongoing health needs would benefit from regular support and coordination.

Daily life feels smaller

Managing everyday tasks leaves less time and energy for hobbies, friendships, outings, and other sources of enjoyment.

You do not have to wait for a crisis to explore assisted living.

What Support Would Help?

A useful family conversation goes beyond asking, "Is it time?" Ask what would make daily life safer, easier, and more enjoyable.

- **Safety:** Can our loved one manage safely at home, day and night?
- **Support:** How much help does the family provide, and is it sustainable?
- **Health:** Are medications, appointments, meals, hydration, and mobility managed consistently?
- **Connection:** Are there regular opportunities for conversation, activities, and relationships?
- **Quality of life:** Is there time for enjoyment, or is most of the day spent managing problems?
- **Future needs:** If care needs increase, is the current living situation still likely to work?

What Assisted Living Can Provide

Services depend on the community and individual assessment. Support may include:

24-hour support

Team members are available around the clock to assist residents and respond when help is needed.

Medication support

Help with medication routines and health coordination is based on individual needs and the care plan.

Meals and routines

Meals, housekeeping, laundry, and personal care support can ease everyday responsibilities.

Social connection

Activities, shared meals, familiar faces, and outings when available encourage friendship, purpose, and routine.

A supportive environment

Accessible spaces and staff support can help address challenges that make living alone more difficult.

An evolving care plan

Regular review helps the team adjust support as a resident's needs change.

Next Steps at Home Again

You do not need all the answers. Our team can explain the process and help you explore whether Home Again is a good fit.

- 1 Talk with our team**
Tell us what is changing, what is going well, and what is becoming difficult.
- 2 Tour a community**
See the environment, meet the team, and get a feel for daily life.
- 3 Complete an application**
Provide the information needed to begin reviewing fit and care needs.
- 4 Nursing and care assessment**
Our team reviews health, medications, mobility, cognition, and daily support needs.
- 5 Decide together**
Discuss the appropriate setting, availability, pricing, and next steps.

Support should add to daily life - making it easier to stay safe, connected, comfortable, and involved, not simply taking tasks away.

A Note About Sudden Changes

New or rapid changes in memory, behavior, strength, balance, appetite, or daily functioning may signal a medical problem. Contact the person's healthcare provider promptly. For an emergency, call 911.

A conversation guide, not a diagnosis. An individual assessment helps identify support needs.

Let's talk about your next step.

Bring your questions. Our team can help you explore the options.

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