

# Do I Need Assisted Living?

Nobody enjoys getting older, but it's inevitable. Everyday things may seem like they're becoming increasingly difficult if not impossible. Your family and friends may be there for you but you don't want to become a burden. Should you move to a senior living community? Is it right for you? You shouldn't worry about the stereotype of being "put in a home", today's assisted living homes allow you to be yourself and live as independently as you want to. In fact, privacy and independence is encouraged.

## 5 Signs You Need Assisted Living.

There are numerous things for you to do, you can enjoy dinner with people your own age, play games, watch movies, even dance and get exercise. If you're still not sure if assisted living is the right move for you, ask yourself the following five questions:

### 1. Do your family and friends have difficulty providing you with care?

No matter how much they care and want to help family and friends are not professional caregivers. If you're becoming overwhelmed by the activities of daily living and your family is not able to be there for frequently enough assisted living may be the right choice.

### 2. Are you no longer able to drive?

As people get older they find that they're not able to do the things that they were once able to do. Unfortunately, for many seniors driving is one of those things. If public transportation or other alternative isn't available, you may feel like you've lost a large part of your independence. Something as simple as picking up groceries now becomes a major task. Assisted living facilities provide transportation to appointments and events, so you won't have to rely on friends or family that may not always be available.

### 3. Is maintaining a home becoming too much for you?

The daily chores that come with living in your own home can become cumbersome. If you feel like you can no longer keep up with the work of cleaning, cooking, laundry and shopping for groceries an assisted living center can do these tasks for you while you live in a cozy surroundings that resemble home.

### 4. At home, do you feel lonely?

Living alone, especially if you're a recent widow or widower, can quickly become depressing and make you feel isolated. It's important to have an active social life maintain your happiness and health. A major benefit of a quality assisted living community is a wide selection of social events and recreational activities.

## **5. Are you worried about safety?**

There are a lot of potential dangers of living all by yourself. You may feel vulnerable at your age especially if your mobility is limited. If you're afraid of what could happen if you fell and were stranded in your own home for hours or even days an assisted living facility could be right for you. Many communities have safety systems in place so residents can alert caregivers and staff in case of an emergency.

Moving is always a stressful event in one's life no matter what the situation is. This is especially true if you're thinking of leaving your home for an assisted living facility. While it is ultimately up to you and your family to decide, these five things should help you consider if assisted living is the best next step for you.<sup>i</sup>

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<sup>i</sup> [www.assistedlivingcenter.com](http://www.assistedlivingcenter.com)