



# Walnut Place

A LIFE CARE SERVICES® COMMUNITY

## TEN SIGNS it might be time for assisted living.



<p><b>1. Driving</b></p> <p>Don't ignore near misses, fender benders, new dents or nicks. Request a ride to assess your loved one's current driving skills.</p>	<p><b>6. Medications</b></p> <p>Be on the lookout for empty or expired medicine bottles, unfilled prescriptions or confusion about proper dosage and medication times.</p>
<p><b>2. Appearance</b></p> <p>Poor grooming or hygiene, like unwashed or uncombed hair and stained clothing, might mean a little assistance is needed.</p>	<p><b>7. Maintenance</b></p> <p>Sloppy housekeeping or a neglected yard may reveal that your loved one isn't faring as well at home alone anymore.</p>
<p><b>3. Activities</b></p> <p>Watch for loss of interest in favorite pastimes. Giving up things that were once important may be a red flag.</p>	<p><b>8. Food</b></p> <p>Check the fridge and cupboards. Look for food that's old or spoiled—from past-due expiration dates to moldy leftovers and sour milk.</p>
<p><b>4. Moods</b></p> <p>Frequent bouts of irritability, moodiness, depression or fatigue are always symptoms worth discussing.</p>	<p><b>9. Finances</b></p> <p>When unopened mail, unpaid bills and overdue notices stack up, it may raise concerns about how financial matters are being managed.</p>
<p><b>5. Mobility</b></p> <p>To avoid the risk of falls and fractures, watch to see if your loved one is more unsteady when walking, has recently fallen or now has difficulty with stairs.</p>	<p><b>10. Forgetfulness</b></p> <p>It's not just a natural part of aging when parents forget important appointments, repeat things constantly or frequently lose their sense of direction.</p>