

# Signs Your Loved One May Need Assisted Living

---

Knowing whether or not a loved one needs Assisted Living can be challenging if you don't know what to look for. To help you determine what level of care is best suited for their needs, here are some signs that your loved one may benefit from an Assisted Living community:

- Simple tasks are now cumbersome
- Weight loss/lack of appetite
- Less mobility/trouble getting around
- Disorganization is more noticeable
- Difficulty managing medications
- Personal appearance and hygiene are lacking (trouble brushing teeth, showering, combing hair, etc.)
- Loneliness and/or need for socialization
- Lack of interest or motivation
- No longer able to drive

It's important to recognize these signs early - ignoring them could lead to your loved one injuring themselves and needing additional care.

As many of us know, just because we're making a move, doesn't mean we're leaving home. In an Assisted Living community, your loved one will participate in meaningful, engaging activities, socialize and meet new friends, and enjoy delicious, healthy meals. They'll also enjoy maintaining strong levels of independence, while having help in the areas where they need it.

Assisted Living arrangements don't have to be impersonal. At each of Trilogy's senior living communities, residents can personalize their room or apartment and make it just as comfortable as their own home. They can also come and go as they please, while enjoying a safe, helpful environment.

Oftentimes, it is more difficult for families to move a loved one into Assisted Living than it is for their loved one. You may feel guilt over this decision; however, you should find comfort in the knowledge that your loved one will thrive in an Assisted Living community. They will have 24-hour care, an extensive social calendar, and a life full of possibility.

