

# 10 Signs Your Aging Loved One May Need Assisted Living

## 1. Decrease in mobility

Is your loved one having difficulty rising from a chair and shuffling their feet more? These may be signs they're having more trouble getting from point A to B.

## 2. Changes in diet

Taste buds and appetites change as we age. This factor, along with perhaps cooking for one, can make it challenging for an older adult to prepare well-balanced, daily meals.

## 3. Medication management issues

"Take with water" and "take with food" may seem like simple suggestions on a prescription bottle, but often those directions, along with times of day, or what not to mix them with, are critical in ensuring the medication is taken safely. Medication mix-ups and misses are common in older adults, especially as the number of medications increase.

## 4. Transportation concerns

Although things like not driving at night and avoiding rush hour traffic are normal, it is not as normal to decrease trips out of the house in general. If your loved one is suddenly taking fewer trips to the grocery store, church, or other typical activities for them, they may be getting weary of the road.

## 5. Social isolation

Loss of friends or spouses, difficulty driving, and relatives living further away may all be reasons why your loved one is not as social as they once were. Over time, this lack of meaningful stimulation could have serious effects on your loved one's mental and cognitive health.

**Continued**

- 6. Difficulty with basic hygiene and appearance (dressing, bathing, etc.)**  
As activities of daily living (ADLs), such as getting dressed, bathing, brushing your teeth, etc., become more difficult for an older adult, you may notice changes in your loved one's appearance. If your loved one used to never leave home unless "dressed to the nines" and suddenly they don't look as well put together, these daily routines may be becoming more of a challenge.
- 7. Increasingly forgetful**  
Although some forgetfulness is expected, things like repeating questions and stories, frequently misplacing items, and forgetting commonly known household items (spoon, hairbrush, for example), may be hints that the forgetfulness is not "normal aging."
- 8. Noticeably disorganized**  
Is your once neat and tidy loved one suddenly accumulating more clutter in their living space? This could be a sign that all those household chores are becoming more of a burden for them to accomplish.
- 9. Decreased interest and motivation**  
Motivation can be difficult to find at any age! A lack of interest and motivation to do activities that were once enjoyed may be something your aging loved one is experiencing. This could be due to a variety of reasons, but also could be a sign that your loved one is having more difficulty doing these things due to physical or cognitive decline.
- 10. Changes in sleep patterns**  
As an older adult ages, it is common to notice sleep quality decreasing. This may translate to your loved one sleeping more during the day, waking frequently at night and sleeping in later. They also may not be as busy as they once were during daytime hours, making it more difficult to fall asleep at night.

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