

Five Signs It's Time to Look For Senior Housing

Senior Housing Advisors
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01

Recent Falls

There are many reasons why a senior may be at fall risk, leg weakness or injury, shuffling of feet, balance issues and sometimes judgment problems. If a person falls again, how long might they be down before someone arrives to help?

According to the CDC every second of every day, an older adult (age 65+) suffers a fall in the U.S.—making falls the leading cause of injury and injury death in this age group. One out of four older adults will fall each year in the United States. Here are few other fall statistics to know:

- About 36 million older adults fall each year—resulting in more than 32,000 deaths
- Each year, about 3 million older adults are treated in emergency departments for a fall injury
- One out of every five falls causes an injury, such as broken bones or a head injury
- Each year at least 300,000 older people are hospitalized for hip fractures
- More than 95% of hip fractures are caused by falling—usually by falling sideways
- Women fall more often than men and account for three-quarters of all hip fractures

If there is no one near enough to come to the immediate help in the event of a fall, it might be time to move to assisted living.



02

Poor Nutrition and/or Eating Habits

Is your family member eating takeout or mostly frozen meals? Has their weight changed significantly in the past few months? Rapid weight gain or loss can be a sign of serious medical problems, or it may be a sign that they are having trouble with accessing or preparing food.

Elderly dietary problems can be caused by many different factors:

- Lack of interest in food due to changing taste buds
- No access to nutritional foods due to transportation or financial issues
- Depression
- Loneliness
- Lack of energy to cook
- Loss of appetite due to health conditions
- Medication side effects
- Dental problems
- Changes in the sense of smell, taste or even hearing can affect the enjoyment of food

The aging process can bring physiological and psychological changes that can lead to decreased appetite in the elderly. A lower metabolic rate and lessened physical activity means that seniors generally need fewer calories, but they still need proper nutrition for their overall health.

Having nutritional food options can make all the difference in maintaining health and providing energy, and when needed, healing.



03

Difficulty in Managing Medications

There are many reasons why seniors don't take their medications as prescribed. Here are six common causes of medication mistakes:

- **Vision Problems** - For elders who have vision issues, not being able to read the small print on pill bottles or being able to distinguish between pills can lead to potentially dangerous medication misuse
- **Memory Loss** - Those who suffer from any form of dementia are very likely to have medication management problems. They may forget to take their meds or may forget that they've already taken them and then could take multiple doses, risking overdose
- **Limited Income** - Seniors who live on fixed incomes may not be able to afford all the medications they need. Low-income seniors may end up splitting pills or skipping doses if they are managing this on their own
- **Swallowing Problems** - Some seniors may have difficulty swallowing medication due to a variety of health issues
- **Hearing Loss** - A senior who is hard of hearing may have difficulty hearing and understanding instructions that a doctor or pharmacist provides
- **Social Isolation** - Studies have shown that seniors who live alone more frequently fail to comply with medication regimens

Caregivers in Assisted Living Communities order and manage medications for their residents.



04

Personal Hygiene & Household Cleanliness

Have you noticed that your loved one has stopped taking care of themselves or their living area? Are there new personal or household odors? These can be signs that someone is having a hard time bathing or doing chores around the house which can lead to risk of infection and increases the chances of mental and emotional decline.

- Personal hygiene issues can cause physical problems and can also be a sign of depression
- Skin infections often happen as a result of a lack of bathing at least once a week
- In addition to skin problems, seniors can also experience issues with their feet and toenails, an area that many are unable to attend to
- Neglected dental care can lead to heart problems
- Cluttered homes can create trip and fall hazards
- Dirty homes have an increased risk of pests
- Decreased appetite may result in food going uneaten and spoiling
- Dishes may go undone creating health risks
- Overall house and yard is too much to manage

Caregivers in Assisted Living communities and Adult Family Homes help residents with Activities of Daily Living (ADLs), and provide housekeeping to allow seniors to live in a clean and healthy environment.



05

Memory Loss, Confusion or Behavior Changes

Is your loved one struggling more and more with memory loss? This isn't just forgetfulness, but a cognitive decline that goes beyond misplacing something. Are they able to remember things from many years ago clearly, but can't remember if they had breakfast? Has their behavior changed, either seeming to isolate themselves away from people or perhaps some aggressive behaviors have emerged? All of these can be signs of dementia.

While some mild changes in memory and understanding are considered a normal part of the aging process, dementia is not. Normal age-related declines are subtle and mostly affect the speed of thinking. In dementia, declines are more severe and may include:

- Rapid Forgetting
- Problems navigating daily living
- Difficulties or inability to solve common problems
- Trouble expressing oneself in conversation
- Behaviors that are outside of normal social rules
- Motor system issues that cause excessive tripping or falls
- Getting lost in familiar places
- Repetitive questions
- Changes in language abilities

Memory Care communities assist seniors with navigating daily living in a safe, dignified way.



Adrienne is the Owner and Chief Care Officer of Forever Care Services, a senior housing referral agency, that works with seniors and their families to find the best fit in senior residential care. Adrienne has spent her career in connecting people and businesses with the services they need and considers working with seniors as an honor. Her role at Forever Care Services is to reduce the overwhelming options in senior care to what fits the needs and wants of those who come to her for assistance.

For a free senior housing consultation, please contact us at
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