

IS ASSISTED LIVING RIGHT FOR YOU?

You're facing a complex decision, so we've provided this simple checklist to help you determine whether or not you'd benefit from moving into a Silver Care Assisted Living community. **Please check to select all that apply.**

PHYSICAL RISKS

- Have you expressed a fear of falling?
- Do you have a history of several falls?
- Do you sometimes feel dizzy or have trouble keeping your balance?
- Do you have trouble walking due to problems with your feet or stiff joints?
- Do you have a history of numerous hospital stays in the past year?
- Have you limited your physical activity because of a fear of falling?

HAZARDS AROUND THE HOME

- Are all walkways around your home well-lit?
- Do you have handrails indoors and outdoors on both sides of stairs?
- Do you find it challenging to move around your bathroom?
- Do rugs, floors or cords pose slipping or tripping hazards?

DEPRESSION

- Do you spend most of your time alone?
- Do you no longer socialize?
- Are you showing signs of depression?

HEALTH RISKS

- Are you less motivated to prepare nutritious meals?
- Do you forget to take medications?
- Do you require regular assistance from a family member or caregiver?

ANXIETY/FEAR

- Is driving becoming less desirable?
- Do you feel you are becoming a burden to your friends and family?
- Do you have increased anxiety about mental health issues?

PERSONAL

- Do you have difficulty getting together with friends and family?
- Could you benefit from a worry-free lifestyle?
- Do you need help with dressing, bathing or other personal needs?
- Do you have difficulty doing common household chores such as laundry, cleaning and shopping?

Please bring your completed checklist:

- to your next doctor's appointment to guide discussions *and/or*
- to your local Silver Care community when you come for your personalized visit



SILVERCARE