

Signs Your Loved One Needs 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 is best for your loved one, here are several signs that they could benefit from living in an Assisted Living environment:

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

It is important to recognize these signs early and to work with your loved one to determine the most appropriate living situation. If you wait too long, they may end up injured or in need of additional care.

Assisted living can be the ideal alternative to living at home. Assisted living facilities allow your loved one to maintain strong levels of independence, while not feeling like a "burden" to their families. Your loved one will also have the opportunity to participate in activities, socialize and meet new friends, and enjoy healthy, delicious meals.

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 recognize the strong potential that your loved one will thrive in an Assisted Living environment. They will have twenty-four hour care, an extensive social calendar, and a life full of possibility.

Before making a decision, we welcome you and your loved one to tour our campus. We'll be happy to show you what life in Assisted Living is really all about!