

Most people in assisted living facilities are mobile and can perform the majority of tasks on their own. As residents age and need more assistance, care and treatments ‘grow’ with them.

Honestly ask yourself some of the following questions to help determine if assisted living the right option for you and your loved one.

1. **Are you biting off more than you can chew?** If you’re feeling overwhelmed between work or school, family obligations and taking care of your loved one, it may be time to think about assisted living. The last thing your loved one wants is for you to feel anxious on their account.
2. **Have you noticed a gradual decline in your loved one’s ability to do everyday tasks?** If your loved one is unable to do day-to-day tasks on their own, you should consider an assisted living option.
3. **Do you feel confident in their safety alone?** If find yourself worrying endlessly or your stomach drops every time they call for fear that something may be wrong, you might be ready for the ‘assisted living talk.’
4. **Are you experiencing ‘caregiver guilt?’** You should *never* feel guilty for wanting to live your life to the fullest. If the only reason you’re holding off on assisted living is guilt or grief, assisted living might be the best option.

**Answering “Yes” to one or *more* of these questions is a sure sign that something needs to change. It may be time to open dialog about moving forward with a higher rate of care with your loved one.**