

# When is Assisted Living the *Right Choice*?

For many older adults living at home, the thought of moving is not a pleasant one, particularly when the need to do so is associated with advancing age and/or declining health. A long-held family home holds important, cherished memories. Furthermore, subtle changes in physical and/or mental health may cause someone to be unaware of or unwilling to acknowledge the need for assistance. This can lead to an unhealthy or even dangerous living environment, as well as social isolation since children and other family members often live too far away to visit regularly.



While some indicators may seem quite obvious, others may be less apparent. Below are some indicators that it might be time to consider an assisted living community for yourself or a loved one:

**1. The basics of daily living.** Is a loved one having difficulty bathing, getting dressed or simply maintaining proper personal hygiene? Is he/she able to get groceries or cook for themselves in order to maintain a healthy diet? Is he/she able to maintain a clean and well functioning home? The answers to these questions may indicate that an assisted living community may be worth considering.

**2. Falls and/or a decrease in mobility.** Falls can be minor in nature or result in significant injury or disability. If a loved one is having increased difficulty walking independently or if he/she is experiencing frequent slips, falls or other mobility-related injuries, it may be time to consider an assisted living community. There, someone can respond quicker in the event of a fall and additional support is available to assist the person to get to and from where he/and she wants to go. There are also safety features installed in apartments such as grab bars and emergency call lights that are designed to reduce the potential for falls and other mobility-related mishaps.

**3. Change in mental or cognitive function.** Is a loved one presenting signs of potential Alzheimer's disease or some other form of dementia? Is he/she becoming progressively more forgetful to the point that is impacting his/her health and safety? Occasional forgetfulness may not be a big cause for concern. However, if it is impacting a person's ability to maintain a safe home environment, appropriate personal hygiene and/or the ability to manage daily medications, it may be a strong indicator that additional support and assistance is needed.



**4. Social isolation.** Does a loved one have an active social support structure in place? Has there been a noticeable change in his/her interactions with others? Has your loved one recently lost a spouse or stopped spending time with friends? An assisted living community can help individuals to remain more social, build new friendships and stay engaged in hobbies and activities he/she enjoys.

**5. Fender benders and auto mishaps.** As we age, our senses and our reflexes begin to slow. These changes can negatively impact our ability to drive, often resulting in increased anxiety behind the wheel, forgetfulness once behind the wheel and an increase in traffic accidents and other mishaps. Left unaddressed, this problem could become a much more significant and dangerous one. If a loved one is becoming less safe behind the wheel, it might be time to consider an assisted living community. Most assisted living communities offer transportation services, which include regularly scheduled outings and other events.

While it might be difficult to consider at first, an assisted living community might be just the right choice for a loved one who could benefit from added support in an environment that encourages independence and personal choice. It can also provide much needed peace of mind for family members who want the best for their loved one.

We'd be happy to continue this discussion so  
Please call today or stop by our  
community for a visit.

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*at New Town*  
Assisted Living & Memory Care