

IS IT TIME FOR ASSISTED LIVING?

Here's a helpful checklist as you visit your loved one over the holidays.

MEALS & NUTRITION

- ☐ Skipping meals or not eating regularly
- ☐ Relying on snacks instead of balanced meals
- ☐ Not drinking enough water
- ☐ Expired or uneaten food in the refrigerator or pantry
- ☐ Difficulty safely cooking or preparing meals
- ☐ Challenges cleaning up after meals

PERSONAL CARE

- ☐ Difficulty showering safely or skipping showers
- ☐ Wearing the same clothes repeatedly
- ☐ Skipping hygiene routines (brushing teeth, hair care, shaving)
- ☐ Increased frequency of small bathroom accidents

SAFETY CONCERNS

- ☐ Fear of falling or recent falls
- ☐ Leaving water running or forgetting to turn off the stove
- ☐ Stairs at home
- ☐ Getting lost while driving

HOME UPKEEP

- ☐ Difficulty keeping up with laundry or cleaning
- ☐ Trouble changing and washing bed linens
- ☐ Problems adjusting the thermostat appropriately
- ☐ Yard or home exterior no longer maintained

WELLNESS

- ☐ Reduced mobility or slowed walking
- ☐ Limited time outdoors or lack of regular exercise
- ☐ Trouble managing medications or missing doses
- ☐ Difficulty getting prescriptions refilled
- ☐ Poor sleep at night or sleeping excessively during the day
- ☐ Signs of sadness, anger, irritability, loneliness
- ☐ Increased isolation or withdrawal from activities
- ☐ Missing Doctor appointments

GIVE YOUR LOVED ONE THE BEST GIFT THIS *HOLIDAY SEASON*

Planning ahead keeps them safe—and helps prevent a crisis. No one has to age alone. There are wonderful options available that provide support, dignity, and peace of mind.

DOGWOOD FOREST IS OPEN FOR TOURS THIS HOLIDAY SEASON!

Come see how our community can support your loved one as they age. Rest easy knowing someone is here for them 24 hours a day, 7 days a week.