

Knowing when to transition to assisted living can be challenging. This guide helps families recognize the signs and make informed, confident decisions.

Assisted Living Checklist

- ✓ **Difficulty with Daily Activities**
Struggles with bathing, dressing, cooking, or managing medications safely.
- ✓ **Increased Safety Risks**
Frequent falls, wandering, or forgetting to turn off appliances.
- ✓ **Declining Health**
Ongoing medical issues, weight loss, or repeated hospital visits.
- ✓ **Isolation or Depression**
Withdrawal from social activities or noticeable mood changes.
- ✓ **Caregiver Stress**
Family caregivers feel overwhelmed, exhausted, or unable to keep up.

