

When is it time to consider a move to long-term care or assisted living?

This is a question many families struggle with. Making this transition is a major life event in every family and impacts the care recipient, their caregivers, and their friends.

Warning signs that may signal a person needs more care and support. Look for:

Changes in Behaviour

- Is your loved one irritable or more irritable than usual?
- Are they more angry, sad or withdrawn, perhaps not wanting to socialize with friends or family?
- Have you noticed that they are more confused and that there are more issues with memory such as forgetting or repeating conversations, medications being unfilled or not taken?

Safety Concerns

- Is your care recipient falling or wandering?
- Have there been issues with the stove or other appliances being left unattended?
- Is your care recipient eating a nutritious diet?
- Are they having difficulty driving, sometimes evident by scrapes on the car or fender benders?

Activities of Daily Living

- Is your loved one having difficulty moving around such as getting out of a chair, walking in your home, getting in and out of bed?
- Is your care recipient having problems preparing meals, dressing, bathing or doing laundry?
- Is the home unkempt or cluttered?

Financial Concerns

- Are there unopened bills, statements, letter and other mail piling up?
- Are there piles of mail being left outside or in the mailbox?
- Are there thank-you messages from charities and other organizations about recent donations?

These are just some of the warning signs to watch for and they may suggest that the person needs additional supports, including moving to long-term care or assisted living.

*You viewed this article on the Caregivers Nova Scotia website www.CaregiversNS.org. For more information, contact us toll-free at 1.877.488.7338.