



# Heartfelt

## SENIOR SOLUTIONS

*Supporting Seniors, Guiding Families*

### **Guide 1: 10 Signs It May Be Time for Assisted Living**

Deciding when it's time to consider assisted living is never easy. These signs can help you recognize when your loved one may benefit from the support, safety, and community of assisted living.

1. Increased Falls or Safety Concerns
2. Medication Management Issues
3. Decline in Personal Hygiene
4. Poor Nutrition or Weight Loss
5. Increased Isolation
6. Difficulty with Daily Tasks
7. Changes in Memory or Confusion
8. Caregiver Burnout
9. Transportation Challenges
10. Declining Health or Chronic Conditions

**Recognizing these signs is not about giving up — it's about giving your loved one a chance to live with dignity, safety, and connection. Many seniors tell us, "My only regret is that I didn't do this sooner."**

Guidance for Life's Next Chapter

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