

# Signs It May Be Time to Explore a Move to Assisted Living



## Confusion and Forgetfulness

Forgetting things more often than before can be a natural part of aging. Forgetting your address, where you are, or lapses in memory about major life relationships and events can be cause for concern. Substantial lapses in memory or bouts of sudden confusion can be signs that the support of Assisted Living could be beneficial.

## Weight Loss

Significant weight loss may indicate that your loved one is having difficulty making meals and eating properly. This could be due to cognitive decline, depression, dental issues, medication reactions, or physical decline in ability to prepare food. All can pose a risk to your loved one's overall health.



## Difficulty Fulfilling Basic Responsibilities

When a once-independent loved one begins having difficulty paying bills, tidying their home, making meals, or maintaining personal hygiene, it may be because they're no longer able to manage these activities on their own. The daily support of Assisted Living could be beneficial.

## Signs of Depression, Isolation, or Addiction

If your family member begins withdrawing from friendships or their broader community, they may be struggling with depression. Substance abuse is also common among those with cognitive decline. The care, medication management, daily structure, and ongoing support of Assisted Living can help manage these challenges.



## Frequent Injury or Bruising

Noticeable bruises, cuts, and other injuries may mean that your loved one is having accidents or engaging in unsafe activity due to cognitive decline or poor judgement. Even small injuries can pose a great risk to older adults, which makes daily support a major benefit in keeping them safe and healthy.

## Uncharacteristic Mood Shifts

Unusual mood changes are a common early sign of dementia. These mood shifts can range from angry and violent to quiet and depressive. A supportive environment and daily engagement can prevent further concerning behaviors and potentially dangerous outcomes.



Do any of these signs make you think of your loved one?  
We're here to help!

Contact our Senior Living Consultant to discuss the supportive living options that Three Pillars can provide. We're happy to answer your questions and work through everything you may be wondering so that your loved one can experience a fulfilling lifestyle with optimal health and wellbeing.