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Is it Time for Your Loved One to Move to Assisted Living? Here's How to Tell.

If you have an elderly loved one, it's important that you learn the warning signs that it's no longer safe for them to live independently. Most of us want to remain at home as long as possible, but there are a variety of physical, emotional, and behavioral signs that indicate it's not the best option anymore. Below, learn more about these warning signs so you can identify safety issues and have a productive conversation about your loved one's next steps.

Physical Signs

If your loved one frequently gets injured at home or in the community, it may be a sign that he or she needs more assistance with daily tasks. The CDC says [falling](#) is one of the leading causes of injury and death among older individuals. Not only are falls dangerous, they can lead to other health complications if your loved one requires a lot of bed rest to recover. When a senior begins taking a long time to heal from falls and other injuries, assisted living may be a safer option.

You might also suspect that assistance is needed if your loved one is no longer able to keep their home in the same condition as usual. If you see that yardwork goes untouched, the kitchen becomes messier than usual, or other areas of the home are no longer kept up, it may indicate your loved one isn't physically able to do these tasks anymore.

Sudden weight loss is another physical sign that your loved one may need more assistance. Stellis Health explains that seniors may rapidly lose weight for numerous [reasons](#), such as depression from feeling isolated. It can also indicate that your loved one has trouble preparing healthy meals or eating enough food on their own.

Behavioral Signs

As a caregiver, it's important to take note of any changes in behavior or personality that you notice. If your loved one starts having mood swings or becomes more physically or verbally aggressive toward you, it can indicate that he or she is dealing with a memory issue like dementia. This disease can also cause [behaviors](#) such as wandering, having trouble communicating, or becoming apathetic.

Seniors live safely at home with dementia for some time, but when caregivers aren't able to provide a safe environment anymore, moving to a [memory care](#) facility might be a better option.

Emotional Signs

Many seniors living alone begin to feel isolated and lonely. Physical health issues can prevent seniors from feeling safe outside of the home, which can result in them staying inside. Elderly people may also stay at home because their social circle has shrunk and they no longer feel like a part of the community.

When your loved one no longer maintains social connections, it can lead to depression and numerous other health issues. There are ways you can help your loved one feel more [connected](#) even when they remain at home. However, moving to an assisted living facility may be a great way to help your loved one make more social connections.

Weighing the Assisted Living Options

There are numerous ways for your senior loved one to get the assistance they need. These resources will help you explore the options out there and have a positive conversation with your loved one so you can take the next step forward.

[Senior Services & Options: What's Out There?](#)

[Tips for Adults Talking to Their Parents About Senior Living Choices](#)

[My Mother Doesn't Listen to Me! The New Role of Eldercare Mediation](#)

[10 Ways to Pay for Assisted Living](#)

[Easing the Transition to Senior Living](#)

Talking with a loved one about assisted living is sometimes a challenge, as it brings up a variety of emotions. But as a caregiver, it's important that you know how and when to have this important conversation so that your loved one can stay safe and receive all the help they need.