

HOW DO I KNOW ?

When It Is Time

You recognize that you need some help with medications, cleaning house, cooking meals and other chores. So, ask yourself - "How Will I Know When It Is Time?" The following "YES" or "NO" questions will help you.

01	COULD I USE MORE EXERCISE?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
02	AM I BORED AND LONELY AT TIMES? IS MY CIRCLE OF FRIENDS SHRINKING? DOES MY SOCIAL LIFE REVOLVE AROUND THE TV?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
03	DO I WORRY ABOUT NEEDING HELP? AM I RELYING ON FAMILY AND FRIENDS TO DO THINGS FOR ME?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
04	AM I EATING ALONE? HAVE MY EATING HABITS CHANGED? AM I EATING POORLY?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
05	ARE HOUSEKEEPING CHORES AND HOME MAINTENANCE A BURDEN?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
06	DO I AVOID DRIVING AT NIGHT OR SHOULD I STOP DRIVING?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
07	DO I SOMETIMES FORGET TO TAKE MY MEDICATION?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
08	AM I CARING FOR A SPOUSE AND IT'S WEARING ME OUT?	YES <input type="checkbox"/>	NO <input type="checkbox"/>

"I'm not ready yet?" is the most common response we hear when speaking with individuals about considering a move from their present home to an assisted living community. Unfortunately, many people wait too long. If you answered YES to any of the above questions, you may be ready to experience the full enjoyment of a Senior Living Community.

