

# KNOWING WHEN IT'S TIME FOR A MOVE.



Information from our House to yours.

## HELPING YOU MAKE THE RIGHT DECISION.

For many seniors, moving to a community setting offers a sense of security and the opportunity to live maintenance-free without the responsibility of housework and yard maintenance. Deciding when to make that move can be difficult. It's a good idea to begin with an open and honest discussion between loved ones and family members. While everyone's situation is different, there are general signs to watch for that indicate it is time to move. Here are some to consider when making your decision:

**Needing help with daily living** | Issues with everyday functions like bathing, dressing, medication management and mobility can be a cause for concern. Your loved one's safety is the priority, and a caring team at a community can help ensure those needs are taken care.

**Feeling isolated from the world** | The simple act of face-to-face conversation helps promote brain health and wellbeing. From chatting over coffee to group activities, senior living communities offer many choices for socialization which can alleviate feelings of isolation and depression.

**Cannot keep up the house**  
A homeowner should be able to maintain general upkeep such as cleaning the bathroom, making the bed, laundry, vacuuming and dusting. When those chores become too much for your loved one, a maintenance-free lifestyle can become very appealing.

**Accidents or falls are more frequent** | Even if your loved one lives with someone, falls and accidents can happen in a home. A good question to consider: has your loved one taken two or

more trips to the hospital due to a fall or accident? If so, a move to a senior living community may provide peace of mind for everyone.

**Not getting proper nutrition** | Many seniors lose interest in cooking and creating healthy, nutritious meals. Perhaps driving is limited, and shopping for fresh produce becomes less frequent. Whatever the case, if your loved one is not getting

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proper daily nutrition, it may be time to consider moving to a place that provides a variety of healthy meals...complete with stimulating conversation!

**Family members reach their limits of care** | When caring for a loved one, family members begin finding the task more than they can handle. Primary caregivers can suffer burnout or simply come to a point where they cannot offer the level of care needed. In either case, for the health of the relationship and your loved one's safety, it's best to consider the trained, compassionate care found in a community setting.

**Friends or family members notice changes in health**  
A good indicator that it is time to consider a senior community is when friends or family begin mentioning changes in your loved one's physical or mental health. In fact, those close to your loved one may also notice a decline in the health of the caregiver. For everyone's well-being, a senior living community can be an excellent option.

**Physician recommendation**  
Often it is difficult to have perspective when too close to a situation. When deciding if it's time for your loved one to move, caregivers and family members may need to consult trusted doctors familiar with your loved one's medical history. When consulting with seniors, doctors instill confidence and peace of mind, and their objective opinion can offer great support when a family is weighing options.

Senior living communities provide the safety and security of a trained onsite staff, a variety of apartment floor plans and a maintenance-free lifestyle that offers time to explore new interests and meet friends while staying healthy and active. Many seniors say that a move to a community setting was the best decision they've ever made.

When you and your loved one have decided it's time for a move, the next step is to tour the communities; talk with residents and staff and attend events. It won't be long before your loved one finds the place where their happiness matters!



**LIVING WELL IS BEING WELL.**  
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*At American House, our mission, Living Well Is Being Well,<sup>™</sup> promotes whole-person health and wellness of the mind, body and spirit. Our brain health, wellness and enhanced mindfulness programs help our residents discover and grow and make personal choices that improve and support a healthy lifestyle.*

*Our maintenance-free lifestyle is designed around our belief that if you live well, you will be well. It presents our residents with extra time to concentrate on health and wellness goals, explore new interests and continue their story in the company of friends and loved ones.*



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