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Always Best Care

How to Know When Someone with Alzheimer's Needs Assisted Living

Making the decision to move a loved one from living on their own with in-home care to an assisted living facility can be a difficult choice. However, sometimes it's a necessary one, especially if your loved one has Alzheimer's disease. It can help to keep things consistent and allow them to remain in a familiar setting, but that is not always the safest option.

As Alzheimer's progresses, your aging parent may become disoriented and forgetful more frequently. This can put them and others at risk. It can be a lot for you as a caregiver to try to manage your own family and caring for an aging parent with Alzheimer's disease.

Signs it may be Time for Assisted Living

Here are some signs your loved one may benefit from assisted living:

- **They wander.** If they have the tendency to wander and lose their way, this can be very dangerous, especially if they are outside or still driving. An assisted living facility is more secure and has round-the-clock monitoring to keep your loved one safe and prevent roaming.
- **They are unsafe on their own.** Has your senior been falling more often? Do they forget to turn the stove off or answer the door to strangers? You can't be there 24/7. When they're alert, they may be very safe and independent, but you never know when confusion will set in.
- **Their self-care has decreased.** Has your loved one been forgetting to eat or take their medication? Are their clothes dirty or hair unwashed? If they've started to falter on basic activities of daily living and having trouble caring for themselves, assisted living can offer the support they need.
- **They are aggressive or agitated.** Changes in mood and behavior can become more common as Alzheimer's progresses. This can be stressful on you and other family members. Your aging parent may have outbursts and become difficult to deal with. They may need more support and attention than you are able to provide.
- **You're becoming stressed out.** When your aging parent's needs become more demanding due to their Alzheimer's, this can be physically, mentally, and emotionally draining. You're trying to keep up with your own needs and responsibilities while simultaneously tending to theirs. This can put a strain on your relationship and not allow you to truly enjoy the time you're spending together.

Assisted living can give you peace of mind. You know that your loved one is safe and being well cared for. Their needs are being met and you don't have to handle everything on your own. This can allow you to appreciate the time you do spend together and make the most of these opportunities. Your loved one will also have access to more resources and activities that can support a higher quality of living for them. It can be tough to admit your loved one needs more help, but it can be best for everyone.

Always Best Care can work with you to choose the right assisted living community for your loved one. We have built strong connections within the community and will help you find a placement that best suits your senior's needs. We offer assisted living services for free to all of our clients as yet another way we can support you and your family. Contact Always Best Care at 1-855-470-CARE (2273) for more information and to start the process.