

## IS IT THE RIGHT TIME TO MOVE? (for the Senior)

Ask yourself these questions. If you answer yes to many of these questions and cannot find a solution to reverse your answers, you might want to consider a move.

- Are you eating balanced meals regularly?
- Is it becoming difficult to get out of the house to run daily or weekly errands?
- Are you hesitant to take a bath or shower because you do not feel secure?
- Are you afraid of falling? Have you fallen in the shower or elsewhere in the home?
- Do you feel lonely or isolated?
- Do you wish you had more activities or social interactions?
- Have you become forgetful enough to leave things on the stove unattended?
- Is finding transportation to get to a medical appointment getting more and more difficult?
- Is it difficult to find people who can assist you when you need help?
- Do you find yourself wondering how you are going to accomplish a task by yourself?  
For example, cleaning the house, cooking the next meal, or doing your laundry?
- Overall, are you feeling insecure in your home?