

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

Ask yourself these questions. If you answer yes to one of these questions it is a warning. If you answer yes to three or more, then you should seriously consider looking for alternative housing with services for your loved one.

- Is your personal health beginning to suffer?
- Is your emotional balance affected?
- Is your parent/spouse's health at risk?
- Is your parent/spouse's safety at risk?
- Could your parent/spouse benefit from more activities or social interaction?
- Are you physically unable to provide care?
- Are you feeling resentful, short-tempered, or angry?
- Are people, including your doctor, telling you that it is time?
- Are you hiding the extent of your parent's/spouse's disability and your physical/mental state from your friends and family?

Source: "Nursing Homes and Assisted Living" - Peter S. Siln. Second Edition, 2009

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