

EXPERT ADVICE

Special Advertising Section

Are there signs to let me know my parent is ready for Assisted Living?

Family members who come through our doors typically have 1 or all of these 3 concerns:

- Our parent (loved one) is not taking the right medication at the right time, or they are not taking all of their medication as prescribed.
- Our parent (or loved one) is not eating right. They seem to think it is easier just to open a box of cookies, etc.
- Our loved one is isolated. They don't want to get dressed in the morning. Their friends have either died or moved away to be with their families. There is no one to talk to or do things with. The caregiver doesn't speak English.

Other signs may be that they no longer drive, have limited ability to perform routine tasks at home and have become dependent on children or others for assistance with daily living routines. They may also exhibit signs or symptoms of anxiety, depression or suspicion about their environment.

As caregivers, before making a decision, you will want to visit several Assisted Living communities to



see the many differences there are among them and to determine what the best fit would be for your loved one. Ask about Survey results of families and the Department of Public Health. Talk with family members and residents. When touring, see how the staff relates to you, the residents and each other. Do they meet your expectations; are you getting the value for your dollar?

Delnor Glen Senior Living

975 N. Fifth Ave., St. Charles
630 443-8220 • www.delnorglen.com