



Insp̄ir | CARNEGIE HILL

MODERN SENIOR LIVING

# IS IT TIME FOR ASSISTED LIVING?

According to recent research, more than 15 million Americans devote their time and energy to caring for their loved ones. Yet most of these caregivers often find themselves unable to provide care without suffering from stress or impacting their own wellness in the process. If you feel like you may be getting to that point, it may be time to consider other options. Here are some questions to consider when making the decision for you both.

## ARE YOU CONCERNED FOR THEIR SAFETY?

- Are they likely to wander? Do they lack the ability to find their way home?
- Are you worried they may not make the safest decisions if left alone?
- Do you feel that you, another family member, or a hired caregiver must be with them at all times in order to be safe?
- Have they left the stove on or left water running for an unknown period of time?

## DO YOU FEEL THEIR HEALTH AND WELL-BEING COULD BE IMPROVED?

- Do you struggle with helping them realize the importance of taking medications on a regular basis?
- Do you often argue over care decisions?
- Do you feel like the care needed has grown beyond your capabilities?
- Are they refusing to eat, bathe, or get dressed routinely?
- Has their appetite decreased? Are you worried that their nutrition is impacting their overall well-being?

## ARE YOU OFTEN FRUSTRATED, PHYSICALLY ILL, OR SHORT-TEMPERED?

- Do you feel like you've given up who you are as a person in order to fulfill the role as a caregiver?
- Are you low on energy and falling ill more frequently as a result of your caregiving role?
- Are you out of patience and feeling depressed over giving up things that are important to you?
- Is it hard to maintain your composure when tending to personal care needs routinely or answering the same questions over and over again due to your loved one's memory impairment?

## ARE YOU MISSING FAMILY OR WORK EVENTS DUE TO INCREASING CARE NEEDS?

- Have you missed family reunions or gatherings due to your role as a caregiver?
- Have you or your family members missed work due to caregiving obligations?
- Are you missing events for your children or grandchildren because their needs keep you from having the freedom to leave at will?

If you can relate to the scenarios above, it may be time to find alternative care options. From joining support groups to touring assisted living communities, it's a process that will take some time. But in the end, you will gain many new perspectives and feel more prepared when the time comes to make a decision.

If you would like to learn more, please contact Insp̄ir Senior Living. Our knowledgeable team understands your situation. We are here for you and your loved ones throughout this journey.



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