




**SENIOR
SOLUTIONS**
MANAGEMENT GROUP



Home Safety Review: Is It Time for Senior Living?

A Senior Solutions eBook



Last week, when you visited Dad, you noticed expired food in the refrigerator. Without thinking about it, you threw it out and reorganized the remaining contents. Yesterday, you saw that he was wearing the same outfit for the third day in a row, so you suggested that he take a shower while you did his laundry.

We all have days where we may put off our everyday chores and tasks, but when household and personal maintenance goes undone regularly, it may be cause for concern.

If your parent or loved one is having difficulty completing the activities of daily living on their own or they're exhibiting behavior that indicates that their home is no longer safe for them, it may be time to consider senior living options.



Choosing to transition a parent or family member into a senior living community is significant; from the sentimental aspects of leaving their long-term home to the stress of relocating, this an emotional decision. Additionally, you or your loved one may fear the unknowns of how this new way of living will alter or change their lifestyle.

While everyone has their own concerns, the important thing to remember is that senior living communities can enhance residents' quality of life and deliver peace of mind to family members.

How do you know when this time comes? What factors should you and your loved one be considering? Take your time with this decision and evaluate all your options, keeping your family member's opinions and feelings in mind.

Senior Solutions Management Group has senior living communities throughout Georgia, Louisiana, South Carolina, and Tennessee, and **we are dedicated to serving the senior community**. To help you recognize when it might be time for your loved one to move into senior living, we are sharing what to look for in your parent's home, their behaviors, and what senior living provides to improve their overall quality of life.

An elderly woman with short, light-colored hair is sitting in a patterned armchair. She is smiling warmly and looking down at a small, fluffy, light-brown dog she is holding in her lap. The entire image has a soft, yellowish-green tint. The text is overlaid on the center of the image.

Home Review

ARE THEY SAFE IN THEIR HOUSE?

Home Maintenance

Maintaining a home is what keeps it a safe place to live, but, as we age, this is easier said than done. Clutter is a major contributing factor to accidental falls. If your loved one's home is cluttered, this makes it more difficult for them to navigate around their home.



Questions to ask yourself:

Is it easy to navigate the house safely?

Over time, have you noticed a change in the level of cleanliness, i.e., every time you visit, more clutter has accumulated?

Has your loved one recently experienced a fall, or do they have unexplained bruising?

In addition to clutter, regular home maintenance tasks are essential for the safety of living in a home. Some things to be aware of when visiting your loved one's home include:

Are there signs of disrepair – light bulbs that need replacing, broken appliances, etc.?

Are there piles of unopened mail?

Is the lawn regularly being mowed and maintained?



Mobility

Your loved one's home should be their safe space. A place where they can relax, not be limited. As we age, it is not unusual to experience changes in mobility. If your family member's home is difficult for them to navigate (for example, they can no longer make it upstairs to their bedroom every night), it is no longer a retreat.

By moving into a senior living community, your family member can live in a place that allows them to feel unrestricted and independent in their home. With easy-to-navigate apartments, your loved one can benefit and reclaim the idea of safety and security.



Behavior Review

ARE THEY TAKING CARE OF THEMSELVES?



Diet & Nutrition

We have all heard the saying, “you are what you eat.” What we choose to fuel our bodies with impacts the way it functions. When we choose to eat healthy, nutrient-dense meals, we provide our mind and body with what it needs to function properly.

On the other hand, a poor diet can lead to serious health consequences. According to the Mayo Clinic, poor nutrition “in older adults can lead to various health concerns, including:

A weak immune system,
which increases
the risk of infections

Poor wound
healing

Muscle weakness and decreased
bone mass, which can
lead to falls and fractures

A higher risk of
hospitalization

With this being said, as food preparation and cooking becomes more difficult, it is common to choose convenience over nutrition. One of the signs that it may be time for your loved one to transition into a senior living community is if this is the case.

Questions to
ask yourself:

Is there old or expired food in the refrigerator/cupboards?
Is there little to no food in the refrigerator/cupboards?
Does your loved one appear to be losing weight?



Personal Hygiene

We all want to maintain our independence and take care of ourselves, but it is important to understand that it is okay to ask for help. A significant sign that your parent or family member should consider senior care options is if they can no longer maintain their personal hygiene.

Personal hygiene is about more than appearance; it is about taking care of our health and wellness. Things like brushing our teeth regularly, bathing or showering, combing our hair, and changing our clothes are essential to our physical and mental health.

When you are fresh and clean, you can prevent other health conditions from affecting your physical health, and you have more self-confidence, improving your mental wellness.

Questions to ask yourself:

Does your parent or loved one's appearance look unkempt?

Is laundry being done regularly?

Is there evidence that they are showering/bathing?

Is there evidence that they are brushing their teeth?

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Health Conditions

It is common for aging adults to develop various health conditions and take more medications. But, when these conditions become too much for a person to manage on their own, it is essential to seek and accept support.



If your loved one is having trouble managing their medications, such as forgetting to take them or being unable to follow the prescriptions instructions, senior care options may be the right course of action.

Additionally, if your parent or relative is taking longer to recover from an illness or injury or their medical conditions are worsening, talk to them about making this transition. By living in a senior living community, your loved one will get the care and support they need to maintain optimal health.

Questions to ask yourself:

Is your loved one going to the doctor regularly?

Is your loved one staying up-to-date on their annual appointments (optometrist, dentist, etc.)?

Is your loved one taking new medications that you are unaware of?

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Socialization

Socialization and meaningful engagement are crucial to leading an active, fulfilling life. If you notice your loved one is beginning to isolate themselves, whether this is due to mobility issues or a loss of confidence in participating in social activities, they will benefit from the social life that senior living communities offer.

Questions to ask yourself:

Is your loved one an active driver? If no, how often are they leaving their house?

Are they withdrawing from activities/hobbies they once enjoyed?

Have they been keeping up with family, friends, or neighbors?

Who was their last visitor? How long ago?

Isolation is dangerous to both mental and physical health. For more information on the benefits of socialization, read our blog, [“Why is Relationship Building and Socialization Important for Seniors?”](#)





Dedicated to Improving the Lives of Those we Serve

By making the transition to a senior living community, your parent or family member can take back the control over their life.

Connecting RESIDENTS

Our Senior Solutions Management Group communities provide exceptional, compassionate care that empowers individuals and assists them with the activities of daily living. Because they spend less time cooking, cleaning, and performing other household chores and home maintenance, residents in our communities have more free time to participate in the activities they love and socialize with friends and peers.

Delivering EXCEPTIONAL CARE & SERVICES

Maintaining a healthy, nutrient-dense diet is no longer a cause for concern. Our dining services provide individuals with three delicious, restaurant-style meals a day that cater to personal preferences and individual dietary restrictions.

Additional benefits of living in one of our communities* include:

Wellness programs	Full-time maintenance sta
On-site medical services including therapy and podiatry	Planned monthly activity and social calendars
Emergency response systems	On-site beauty and barber salons
In-house medication management	Local transportation to medical appointments
Housekeeping, personal laundry, and linen services	

**Amenities and services may vary by location.*

Offering a wide range of senior living services, from independent living to memory care, our communities are dedicated to improving the lives of those we serve by fostering a strong community environment that encourages independence.

Senior Solutions Management Group is ready to help you and your family member achieve their desired lifestyle and live life to the fullest.



To explore our communities and discover what they have to offer, [contact our team!](#)



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