



FIELDSTONE[®]
SENIOR LIVING

Am I Ready for Senior Living?



As we grow older, we may begin to need some help caring for our homes, our property, and ourselves. Even if daily tasks are easy to manage, we might not enjoy doing them ourselves. From cooking and cleaning to yard work, day-to-day labor can become burdensome and time-consuming.

This checklist can help you get a better sense of your needs and your feelings. The more **Yes** responses you've selected, the more ready you are for the comfort and convenience of senior living.

YES NO

MAINTENANCE

- Is yard work and/or property maintenance becoming challenging or unenjoyable?
- Are there any repairs needed, such as a leaky roof?
- Is snow/ice removal difficult to manage?
- Are tasks like cleaning the bathroom becoming challenging or unenjoyable?
- Would it be helpful to have bill-paying simplified?
- Do you sometimes feel overwhelmed by your home and its upkeep?
(Managing irrigation, repairs, leaf and snow removal, etc.)
- Are you struggling to keep the house tidy?
- Is putting out the trash inconvenient or difficult?

QUALITY OF LIFE

- Are you finding everyday tasks cumbersome?
- Would it be a relief to have someone else do the yard work and mowing?
- Is grocery shopping becoming challenging or unenjoyable?
- Are meal preparation and cooking becoming challenging or unenjoyable?
- Would you like grocery shopping and meals to be taken care of for you?
- Are you concerned about managing your own healthcare?
- Do you feel lonely or isolated sometimes?
- Would you enjoy having transportation coordinated for you?
- Would you like to make friends and have opportunities for activities with others?
- Would it be a comfort to know that care providers are close by?

HEALTH

- Do you find it challenging sometimes to eat regular, healthy meals?
- Do you remember to drink enough water each day? (48-64oz a day)
- Are you getting enough exercise? (Recommended: 30 minutes per day)
- Would it be a comfort to have assistance available for shower or bathroom safety?
- Would you like someone else to manage your medications and refill prescriptions?
- Would it be helpful to have someone coordinate your healthcare appointments?

COMMUNICATION

- Do you sometimes struggle to use your phone?
- Would an emergency response necklace help you feel more safe?
- Do you find it hard sometimes to ask for help when you need it?
- Would it be a challenge to exit your home quickly in an emergency?

YES NO

SAFETY

- Do you feel unsteady at times or ever worry about a fall?
- Is it difficult to get back up from a low level?
- Does your home have stairs?
- Is it hard to walk up and down them sometimes?
- Are any of the stairs without handrails?
- Is it hard to hear some alarms?
- Is your home missing smoke detectors and fire extinguishers?
- Is it challenging to replace the smoke detector batteries every 6 months?
- Are any of the rugs in your home not secured?
- Have you found the heating/cooling systems to be inadequate or troublesome?
- Are the plumbing and electrical systems troublesome or in need of maintenance?
- Is it difficult to get the mail in the winter sometimes?
- Would it be easier if your home had some ramps installed?
- Do you ever worry about forgetting to turn off the stove or other appliances?
- Does your bathroom have handrails and non-slip mats?
- Would you like to have a shower seat so you can sit in the shower?
- Would you like to have a bathtub that you can easily get out of?

<input type="checkbox"/>	<input type="checkbox"/>

At Fieldstone, we'll take care of the yardwork, cooking, and housekeeping, while you simply enjoy life. Residents are treated like family and receive personalized care based on their unique needs, whether they are able to care for themselves or require assistance.

And if your needs change, it's easy to transition to other levels of care. Each of our apartments is licensed for assisted living, and our memory care community is on the same campus. A shared campus also allows for couples and family members to stay close to one another, while receiving the level of care they need.

**We're here to help.
Talk to an expert
Resident Navigator
today for more
information.**

fieldstonecommunities.com