



**FIELDSTONE**<sup>®</sup>  
SENIOR LIVING

# Is it Time for Senior Living?



As our loved ones age, their needs can change quickly. They often need more and more help caring for themselves, their homes, and their property. Often, before daily tasks become difficult, they simply don't find enjoyment in them anymore. From cooking and cleaning to yard work, day-to-day labor can become burdensome.

If you have a growing concern for their safety or their overall happiness and wellbeing, this checklist can help you or your loved ones get a better sense of their specific needs and check for safety concerns.

The more **Yes** responses you've selected, the more ready your loved ones is for the care, convenience, and support of senior living.

YES NO

SAFETY

- Have they ever fallen or are you concerned that they may fall?
Do they struggle to get up from a low level without assistance?
Does the home have stairs? Stairs increase the risk of falls.
Are any of the stairs without handrails?
Are any home entries or areas not wheelchair-accessible, including the bathroom?
Are they unable to hear some alarms?
Is the home missing smoke detectors and fire extinguishers?
Are they unable to replace smoke detector batteries every 6 months?
Are any of the rugs in the home not secured to floors?
Does the home have inadequate heating or cooling?
Are the plumbing and/or electrical systems not working well?
Are there slippery floors and/or unsafe door thresholds that could cause a fall?
Are there health concerns such as rodents or other pests, debris and clutter, etc?
Is it difficult to retrieve the mail safely in the winter?
Do ramps need to be installed?
Has the stove or other appliances been left on and/or is that a concern?
Does the bathroom need handrails installed and non-slip mats?
Is the bathroom lacking a shower seat?
Is the house well-lit for aging eyes?
Are you concerned about their ability drive safely or them getting lost?

Grid of checkboxes for YES and NO columns corresponding to the safety questions.

MAINTENANCE

- Is putting out the trash inconvenient or difficult? Missed bills or pickups?
Is yard work and/or property maintenance becoming challenging or unenjoyable?
Are there any problems such as a leaky roof?
Is proper snow/ice removal available/managable when necessary?
Are tasks like cleaning and vacuuming becoming challenging or unenjoyable?
Are they struggling with paying bills and tracking expenses?
Is grocery shopping becoming challenging or unenjoyable?
Is meal preparation or cooking becoming challenging or unenjoyable?
Is the home becoming cluttered and/or is it hard to find things or navigate?

Grid of checkboxes for YES and NO columns corresponding to the maintenance questions.

HEALTH

- Are you concerned that they are not eating healthy meals regularly?
Are you concerned that they are not drinking enough water? (48-64oz a day)
Is food being improperly stored?

Grid of checkboxes for YES and NO columns corresponding to the health questions.

YES NO

HEALTH (continued)

- Are they getting enough exercise? (Recommended: 30 minutes per day)
Do they have trouble safely showering or bathing independently?
Do they need help to get on and off the toilet?
Do they need help to manage their medications and refill prescriptions as needed?
Do they need help to coordinate and attend their healthcare appointments?
Are they able to follow through on their doctor's orders?

COMMUNICATION

- Do they have trouble using the telephone?
Do you think they may need a personal emergency response necklace?
Are they unlikely to ask for help when they need it?
Would they have difficulty exiting the home quickly in an emergency?
Do they struggle to communicate personal information?

QUALITY OF LIFE

- Are they finding everyday tasks cumbersome?
Are they feeling overwhelmed by their home and its upkeep? (Managing irrigation, repairs, leaf and snow removal, etc.)
Would they enjoy someone else doing their yard work and mowing?
Would they like grocery shopping and meals to be taken care of for them?
Are they lonely sometimes?
Would they like to make friends and have the option to participate in activities?
Would it be a comfort to know that care providers are close by?

At Fieldstone, we'll take care of the yardwork, cooking, and housekeeping, while your loved one simply enjoys 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 a resident's 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