

# When is it time to consider Memory Care Assisted Living?

## You notice difficulty performing daily activities

- ☐ Wearing the same clothing
- ☐ Diminishing personal hygiene
- ☐ Skipping meals & consuming an unsubstantial diet
- ☐ Lacking motivation to do laundry & housekeeping
- ☐ Isolating to a few rooms in the house

## You notice increased memory loss & confusion

- ☐ Repeating questions & statements
- ☐ Making repetitive phone calls
- ☐ Misplacing items
- ☐ Forgetting to pay bills

## You are concerned about medication management

- ☐ Forgetting or misusing medication
- ☐ Forgetting to order medication
- ☐ Keeping expired medication

## Lack of socialization

- ☐ Losing touch with friends
- ☐ Losing interest in activities
- ☐ Showing signs of depression