

# Is Senior Living for you or your loved one?

- Is it difficult for you to arrange transportation for shopping and medical appointments?
- Do you skip any meals daily?
- Do you wonder if help will arrive quickly in an emergency?
- Has bathing or showering become difficult for you?
- Do you sometimes fear for your personal safety?
- Have stairways made getting around more difficult?
- Do you feel dependent on family members to meet your needs?
- Have routines such as grocery shopping & household cleaning become tedious chores?
- Are you sometimes lonely & isolated?
- Do you miss social activities with people who share your interests & hobbies?
- Do you have difficulty managing your medications?