

# How Do I Know? WHEN IT IS TIME?

“I’m Not Ready Yet!” is the most common response we hear when speaking with individuals about considering daily assistance. Moving from your present home into a senior apartment is a difficult decision. Unfortunately, many people wait too long and don’t experience the full enjoyment of a Senior Living Community.

You recognize that you may need some help with cooking meals, medications, cleaning house, yard-work and other chores. So, ask yourself - “How Will I Know When It Is Time?” The following “YES” or “NO” questions will help you.

- |                              |                             |   |
|------------------------------|-----------------------------|---|
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Am I bored and lonely at times?                           |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Does my social life revolve around the TV?                |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Is my circle of friends shrinking?                        |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Could I use more exercise?                                |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Is home maintenance a burden?                             |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Do I avoid driving at night or should I stop driving?     |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Are housekeeping chores not as easy as they used to be?   |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Am I caring for a spouse and it’s wearing me out?         |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Am I eating poorly? Have my eating habits changed?        |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Am I eating alone?  |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Do I worry about needing help and not getting it in time? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Do I want to enjoy better health?                         |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Am I relying on friends and family to do things for me?   |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Is it creating a burden for them?                         |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | Do I sometimes forget to take my medication?              |

If you answered YES to any of the above questions, you may be ready for the benefits of a Senior Living Community.

## GREAT OAKS MANAGEMENT

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