

When is the Right Time?

Retirement years can be the best time of our lives! We have extended, leisure time to explore new and long-held interests, explore new hobbies and spend time with family and friends. As we age, we may start to realize that a transition from our homes to an independent living facility, can be a benefit - both for our own safety and convenience - and for our family members' peace of mind. But how do we know when it's the right time to make the move? Here are a few signs to help you identify when the time is right for you or a loved one to choose a new, safer, anxiety-free living environment.

▶ *When there is difficulty in performing daily tasks or activities*

If you or your loved ones find that performing basic household chores is difficult or burdensome, it may be time to consider moving to a senior living environment. If navigating your home's layout becomes problematic. If narrow hallways, steep stairways and other features not accommodating to those with reduced physical agility, make even simple tasks challenging. When things like taking out the trash or even carrying laundry baskets up or down stairs become dangerous, it's time to seriously consider a move. It's important to remember that leaving a house that is no longer safe, does not have to mean a loss of independence or freedom! In fact, in many cases, it means more opportunities to be even more active. By transiting to an independent apartment and removing some of the obstacles, you can spend less time worrying and more time safely engaging with the people and the things you enjoy.

▶ *When there is difficulty in carrying out household maintenance*

If you or your loved ones has a house that is falling into disrepair. If furniture hasn't been dusted, floors and other surfaces are unclean and other household maintenance is difficult to keep up with - it's time to consider a move. If lawns go unmowed, landscaping is unkept and furnace filters go unchanged. If gutters are full and needing attention. If driveways and sidewalks go unshoveled, it's probably time to consider some alternative living arrangements. When home maintenance becomes cumbersome and increasingly unsafe, a senior apartment can provide more independence without the worries of dealing with many of the ongoing chores.

▶ *When safety becomes an issue*

A standalone family home may not be a safe haven as we age. In fact, statistics tell us that as we grow older, most of us become more prone to falls and accidents in our homes that require healthcare attention or emergency care. According to the Centers for Disease Control and Prevention, one in four seniors are injured from falls every year! For instance, getting into and out of the bathtub can be a daily hazard. There is heightened risk of falling or slipping around the house due to balance issues and difficulty operating in spaces with multiple levels. If we are living on our own - or with a partner who is experiencing similar physical limitations, this can be a great concern. Independent living environments are designed with seniors' safety in mind. A move to barrier-free living environment removes many of the risks and provides peace of mind, knowing care is available 24/7, if it is needed.

▶ *When there is strain on your family network*

When household chores begin to mount up and when physical agility puts real limitations on daily living, families may try to fill the gap and help out as much as possible. However, as work and family commitments expand, managing multiple environments can soon put a strain on relationships. Keeping up can become increasingly more difficult. Family members often begin to feel guilty about not being available all the time. Seniors may or may not ask for help when they really need it. Knowing that a loved one is alone, or in an environment that is hard to navigate and potentially unsafe, creates added stress. What if something happens? When family members begin to identify and share concerns, it's time to consider making the move. It's amazing what reducing anxiety and emotional stress can do for our relationships and our physical and emotional well-being.

▶ *Want More Information?*

Please call (715) 723-4437 or email info@chippewamanor.com

