



Is It Time?



Why Now May Be the Best Time to Give the Gift of Peace of Mind— For Your Family & Your Loved One

We all enjoy giving gifts to those we love. As you plan for the months ahead, have you and your family considered giving each other the gift of peace of mind?

You may be struggling with a difficult decision you've been putting off, determining when you or your loved one should move into a senior living community.

You have excuses for avoiding it. Your family's life is hectic. The kids have more events on the calendar than you do. You're not sure you are ready.

You keep kicking the can down the road and the can just grows bigger.

It's time to ask yourself 5 key questions.

1. Is safety a constant concern?



From medical care to home upkeep to simply getting around the house, everyday tasks may be getting increasingly difficult and riskier due to declining physical and mental abilities.



Maybe you or your family lives in fear of the day there is a bad fall, the wrong pills are taken, or even worse, no pills at all are taken!



Knowing a nearby senior living community can provide a safe environment with a compassionate, expert team and customized care would ease everyone's mind.

**Though everyone is trying their best,
you're just not able to give them the**

24/7

attention they've come to need.

2. Are you worried about proper nutrition?

Proper nutrition is the key to staying healthy for Seniors. Grocery shopping is hard to manage. Cooking and nutritional monitoring is even harder when seniors are alone.

You worry about:



Missed meals



Medications that should be taken with food



Unhealthy food choices because it's hard to make healthy meals for one person



Eating less due to lack of activity, when in fact lower nutritional levels can lead to sedentary behavior

Everyone would sleep better at night knowing that you or your loved one are eating thoughtfully prepared meals tailored to dietary needs with plenty of tasty and healthy choices every day.



3. Are you concerned about missed opportunities for activity, engagement, and socialization?

Keeping one's mind and body active is essential to well-being and happiness, especially as we grow older.

From walking and dancing to playing cards and making arts and crafts, an active lifestyle can do wonders for a senior's mind, body and soul.

Plus, it'll give them plenty to talk about each time you visit or have them over for the holidays!



A senior living community can provide a full calendar of fun and stimulating social, religious, recreational, and educational activities.

4. Is a sense of belonging and community missing?

Senior life can often be lonely. Long-time friends pass or move away. Families are busy and visits don't happen as often as you'd like.

Seniors often long for the company of those their own age with shared life experiences. With new friends to be made and staff that feels like family, a senior living community provides the sense of belonging you've been searching for.

5. Are daily stresses in the way of enjoying life?

No matter our age, we all have interests and desires that make life worth living. Seniors struggling with the stresses of daily life may not feel they have the time or opportunity

to do things they'd rather do — like taking up a new hobby or visiting new places.

Taking away home ownership chores and worries and letting others step in to help can open a whole new world of possibilities and experiences.

Still unsure? Maybe you'd like a clearer picture of what senior life is like. Maybe you're not sure you can afford it. Maybe you're not confident the level of care and attention needed will be provided.

That's where our Senior Care Experts come in. **They can answer all your questions and help guide you through the decision-making process.**

Why Wait any Longer?

Stop kicking that can down the road
It's Time. Ask Mom. Ask Dad. Ask Yourself.

Is it time to get help? [Learn more about your options and decide the best fit for care needs with this quick 4 – 5 minute survey.](#)



Phone: 814-455-1630

Email: rpimarketing@integracare.com

