

# QUIZ

## Assisted Living or Memory Care – Which Is the Better Fit?

Forgetfulness and slight changes in memory are common as we get older, but a person's safety and well-being can be at risk when these concerns occur frequently. Answer the following questions to get a better idea of which living option is the right choice for your parent.

1

How often does your parent forget important details or display noticeable confusion?

- A. Rarely or never
- B. Occasionally
- C. Frequently

2

Has your parent ever wandered while in the middle of a task or activity, seemingly forgetting where they are or what they are doing?

- A. Rarely or never
- B. Occasionally
- C. Frequently

3

Does your parent forget the current date or struggle to recognize what time of day it is?

- A. Rarely or never
- B. Occasionally
- C. Frequently

4

Does your parent display combative behavior? Do they experience angry outbursts or emotional moments of confusion?

- A. Rarely or never
- B. Occasionally
- C. Frequently

### Mostly A's

Your parent would benefit from the active lifestyle an independent senior living community offers, knowing support is available if or when it's needed.

### Mostly B's

Consider an assisted living community that also offers memory care services in the event your parent's care needs change. The decision will likely require a more detailed assessment.

### Mostly C's

The personalized support, around-the-clock care, and secure environment that a memory care community offers is likely the best fit for your parent.