

ASK YOURSELF... IS IT TIME?

Have you started noticing any of the signs below?

- Normally outgoing, is becoming more withdrawn
- Doesn't welcome family visits
- Refrigerator is bare or spoiled food
- Noticeable weight loss or change in diet
- Forgets and/or doesn't take medications correctly
- Changes in personal hygiene
- Doesn't get dressed during the day
- Changes in home upkeep
- Thermostat is set at extreme temperatures
- Repeatedly loses item(s)
- Unpaid bills or difficulty managing finances
- Reduces/stops driving, or gets lost
- Neighbors report changes in routine
- EMS has been called to the home more than once
- Increased instances of illness or recent hospitalizations
- Diagnosis of dehydration or malnutrition
- Are you supplementing care?

If any of these apply to you or a loved one, it could be time to consider the assistance that a senior living community can provide. Surpass Senior Living offers person-centered care, exceptional services and amenities, and an enlightened approach to wellness.



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Talk to one of our team members about next steps today.

surpassliving.com | (833) 873-8733