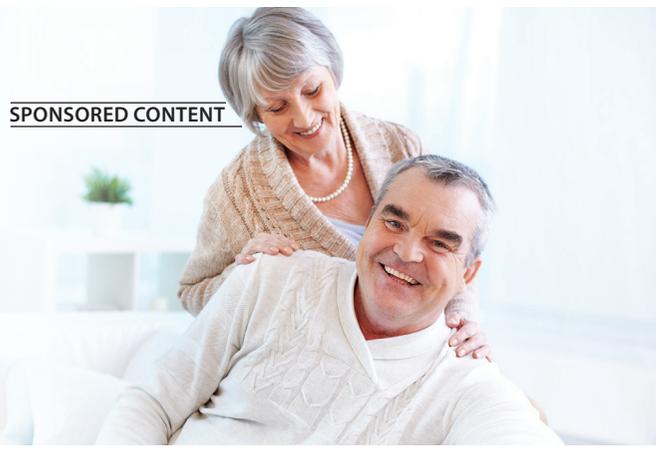


# Personal Care

## When is the Right Time to Make a Move?



Responding to a personal or medical crisis should not be the sole reason to begin searching for a personal care facility for yourself or a loved one. Subtle changes in physical independence, cognitive functioning, environment, or mood should raise the question, "Is living at home the best and safest place for me, or my family member?"

So many times people say, "I just want to stay in my own home," when in reality home, unfortunately, is not what it used to be. Even the slightest physical decline can impede people's mobility and, as a result, restrict their coming and going, or prevent them from caring for their home, or themselves, as they have in the past. Tasks such as doing laundry, cleaning the house, shopping for groceries, getting to and from a doctor's appointment or needing a home repair can become overwhelming. Asking for help may feel like an imposition, and paying for these services can quickly eat into monthly income.

### Additional Concerns to Consider

Medication management is one of the primary concerns of adult children, whose own obligations and schedules can prohibit them

from ensuring that their parent has taken the correct medication and dose at the correct time. Another concern is lack of adequate nutrition and unhealthy weight loss, which can also be detrimental to a person's overall wellbeing.

One area frequently overlooked, or not recognized as a concern, is social isolation. Most people enjoy forming relationships and thrive with their friends. These are the people who make us laugh, keep us grounded, encourage and support us as we venture throughout life. As mobility or other health issues increase, older adults tend to spend more time home alone. The loss of frequent, personal contact can have a significant impact on emotional stability and can lead to depression for anyone at any time, but particularly as we age. As our longevity continues to extend, staying active and engaged is crucial to maintaining a higher quality of life.

### Is Personal Care right for you? Ask yourself these questions:

- Do you really want to continue taking care of your house?
- Do you miss being around friends?
- Would you like to go out into the community more?
- Should you still be driving?
- Are you eating as well as you should?
- Have you made mistakes with your medication?

### A Safe and Secure Alternative

Asbury Heights offers a variety of options for personal care, as well as independent living, skilled nursing and rehabilitative care. We emphasize the strengths of each resident and work with them to identify areas needing attention to ensure their safety and maximize their independence. At Asbury, we create a welcoming, home-like environment, where the resident is the focus of all that we do. Our attentive staff members know our residents and are trained to anticipate and respond to their changing needs with compassion and respect.

Asbury is a vibrant community that provides residents an array of opportunities promoting physical activity, socialization and cognitive engagement, both on campus and throughout the community. Whether your favorite pastime is a day at the casino or a night at the movies, you are certain to feel right at home at Asbury. In fact, many of our residents consider their move to Asbury to be the start of a new chapter in their lives. To see firsthand what Asbury has to offer, call 412.571.5133, or visit us online at [www.asburyheights.org](http://www.asburyheights.org).

### The Georges:

*"When we saw Asbury Heights, we were impressed by how friendly and nice everyone was and how convenient it would be to live here. We walked in and I said, 'This feels like it could be home.' And now it is!"*



*Through Living Well at Asbury,  
you live life at your best.*

Learn more by arranging a tour today, 1-888-424-8404,  
or visiting us online at [www.asburyheights.org](http://www.asburyheights.org).

**Asbury**  
HEIGHTS

Independent Living | Personal Care  
Nursing & Rehabilitation  
Memory Support

This **Industry Insight** was provided by Asbury Heights.

For more than a century, Asbury Heights has been a leading continuing care retirement community with a focus on improving the lives of older adults in southwestern Pennsylvania. Through its Living Well at Asbury initiative, older adults receive the benefits of evidence-based practices combined with high quality, compassionate care. Nearly 500 older adults call Asbury home. Visit [www.asburyheights.org](http://www.asburyheights.org).

**Asbury**  
HEIGHTS