

When Is It Time?

There is rarely one single moment that makes the answer obvious. More often, it's a collection of small signs that quietly add up. This guide won't tell you what to decide — only what to pay attention to.

Signs Worth Noticing

- **Around the house:** Piling mail, expired food left in the fridge, missed bill payments, or a home that used to be tidy and no longer is.
- **Health and safety:** Recent falls, missed medications, unexplained bruises, or a decline in personal hygiene.
- **Driving:** New dents, getting lost on familiar routes, or family members feeling nervous as passengers.
- **Mood and connection:** Withdrawing from friends, skipping meals alone, or a noticeable change in mood or memory.
- **Caregiver strain:** If you are the one providing care, your own exhaustion is a signal too — not a failure.

Questions to Sit With

- Has anything happened in the last six months that scared you, even a little?
- Would your parent be safe if something happened and no one found out for a day?
- Is your parent isolated, or still connected to people and activities they love?
- Are you making decisions out of your own worry, or out of what they actually need?

A Gentle Reminder

Noticing these signs doesn't mean a decision has to be made today. It means it's time to start the conversation — with your family, and with someone who has walked this road before. That's what we're here for.

“You don't have to figure this out alone.”