

THE BARTON & WESTERLY LIFE

APRIL
NEWSLETTER
2026



216-221-3400
14300 DETROIT AVE.
LAKEWOOD, OH 44107

WWW.BARTONCOMMUNITIES.ORG

BARTON CENTER CONTACTS



Allison Urbanek

President

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aurbanek@bartoncommunities.org

Christina Stover

Lead Activities Coordinator

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JeAnna MarBury Sr.

Activities Coordinator

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Pam Schraff

Activities Coordinator

216-221-3400 ext. 4

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**The Barton offices will be closed on Friday, April 3
for the holidays.**

**Would you like the newsletter delivered to your
email each month?**

See Christina or email her at:

cstover@bartoncommunities.org!



WESTERLY CONTACTS

Work Orders or General Questions Call 216-521-0053 - Dial by Extension

Property Administrator

Meghan Curran Ext. 6 – mcurran@bartoncommunities.org

Assistant Property Manager

Grace Steiner Ext. 3 – gsteiner@bartoncommunities.org

Compliance Manager

Nicole Garner Ext. 4 – ngarner@bartoncommunities.org

Occupancy Specialist

Mary-Francis Miller Ext. 1 – mmiller@bartoncommunities.org

Occupancy Specialist

Brenda Colbert Ext. 2 – bcolbert@bartoncommunities.org

Front Desk Coordinator

Christy Rose Ext. 0 - frontdesk@bartoncommunities.org

Service Coordinators Press 3 or Dial by Extension

WI South Building

Debbie Magda-Vukmanic Ext. 8 – dvukmanic@bartoncommunities.org

WII North Building

Paul Keiper Ext. 7 – pkeiper@bartoncommunities.org

WIII West Building

Milica Djordjevic Ext. 9 – mdjordjevic@bartoncommunities.org

Maintenance & Custodial Team

Tim Ferris – Maintenance Superintendent

Allen Roslan – Maintenance Tech

Maceio Williams – Maintenance Tech

Deshawn Ramsey – Maintenance Tech

Michael Evans – Maintenance Tech

Michael Toth – Unit Turn Tech

Carolyn Copeland – Lead Custodian WIII West Building

Angela Sciarrino – Custodian WII North Building

Mary Curtis - Custodian WI South Building

AFTER-HOURS URGENT MAINTENANCE REQUESTS ONLY 216-521-2141

This phone is not answered during business hours

BARTON CENTER SHOPS

Book Nook

Hours: Tuesdays & Thursdays
9:30 a.m. - 2:30 p.m.

The Corner Store

Hours: Monday 10 a.m. - 12 p.m.
Tuesday - Thursday 10 a.m. - 3 p.m.

The Library

Hours: Monday - Friday
9 a.m. - 8 p.m.
Key FOB Entry

Hodge Podge Resale Shop

Hours: Monday 9 a.m. - 12 p.m.,
Wednesday 9 a.m. - 12 p.m., &
Thursday 6 p.m. - 8 p.m.

Salon & Barber Shop

Hours: Thursdays or Fridays
11 a.m. - 2 p.m.
Call: Chris Fordyce to schedule
appointment.
(216) 287-6634

\$7 Lunch Delivery by Barton Center

Residents are required to pre-pay for meals by
12 p.m. noon on Tuesday each week.

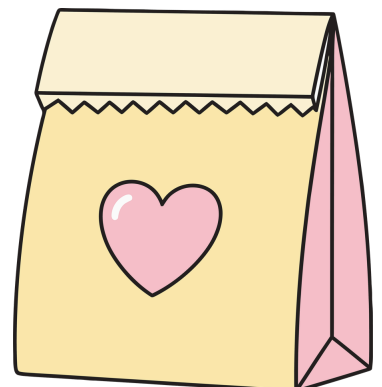
Meals can be prepaid at The Corner Store.

April 9:

Veggie lasagna, salad, and cookie

April 23:

Pizza, chips, and fruit cup



April Movie Days

Popcorn is provided at each movie!

Green Book

When: Monday, April 6

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



Thelma

When: Monday, April 13

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



Mrs. Harris Goes to Paris

When: Monday, April 20

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



Marmaduke

When: Monday, April 27

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium

April Crafts

Easter Egg Garland Part 2

When: Thursday, April 2

Time: 1 p.m. - 3 p.m.

Where: Craft Room



Clothespin Butterflies

When: Thursday, April 9

Time: 1 p.m. - 3 p.m.

Where: Craft Room

Painted Flower Pinecones

When: Thursday, April 16

Time: 1 p.m. - 3 p.m.

Where: Craft Room

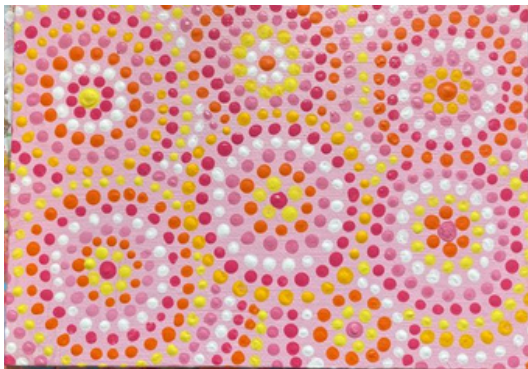


Mola Art

When: Thursdays, April 23

Time: 1 p.m. - 3 p.m.

Where: Craft Room



Clay Pot Gnomes

When: Thursday, April 30

Time: 1 p.m. - 3 p.m.

Where: Craft Room



**Residents MUST pre-register for ALL crafts on the Craft Room door.
See Barton Staff with questions!**

April Activities

Free Table

When: Thursday, April 9

Time: 8:30 a.m. - 4 p.m.

Where: Carr Lounge

There will be items from the Hodge Podge set out for free on several tables. Anyone is allowed to take these items!



Craft Show Conversation

When: Thursday, April 9

Time: 3:30 p.m. - 4:30 p.m.

Where: Cafe

Are you interested in helping plan a craft show? Join us in the Cafe and come share your ideas!

Food Box Distribution -

Cleveland Food Bank

When: Friday, April 10

Time: 10 a.m. - 2 p.m.

Where: Cafe

You must pre-register.

Contact: Christina at (216) 221-3400 ext. 2



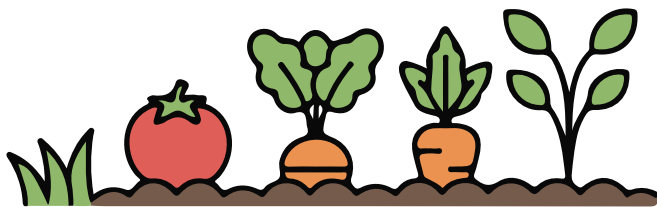
Garden Plot Conversation

When: Wednesday, April 15

Time: 2:30 p.m. - 3 p.m.

Where: Cafe

Are you interested in having a garden plot this year? Join us in the Cafe for a conversation about the upcoming gardening season!



April Birthdays

When: Friday, April 17

Time: 2 p.m. - 3 p.m.

Where: Cafe

Join us for cake and a game to celebrate all April birthdays!



April Activities

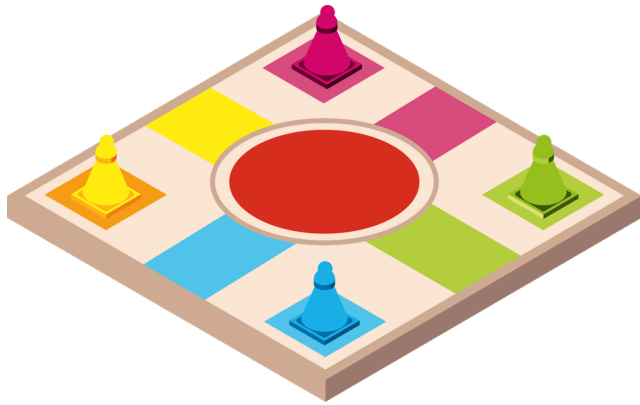
Movie: Night on Earth: Shot in the Dark

When: Wednesday, April 22

Time: 2 p.m. - 3 p.m.

Where: Auditorium

Join us to watch a special feature to celebrate Earth Day! Popcorn will be provided.



Board Game Day

When: Wednesday, April 29

Time: 1 p.m. - 3 p.m.

Where: Cafe

Join us in the Cafe to play board and card games! Bring your own to share or play the ones provided.

Prize Bingo

When: Wednesdays, April 1 & 15

Time: 3:30 p.m. - 4:30 p.m.

Where: Cafe

Come join friends and win fun prizes!



M2B2 Band Rehearsals

When: Thursdays, April 2 & 16

Time: 7 p.m. - 9 p.m.

Where: Faulhaber Auditorium

All are welcome!



SENSORY-FRIENDLY DANCE PERFORMANCE FOR ALL AGES

When: Friday, April 10

Time: 9:30 a.m.

Where: Beck Center

We have **9 tickets** available for this event.

Transportation is provided. It is first come, first served. Please see Barton staff to reserve your ticket.

O'NEILL HEALTHCARE PRESENTS:

CENTRAL HOME MEDICAL FALL PREVENTION LUNCH & LEARN

When: Tuesday, April 21

Time: 12 p.m. - 1 p.m.

Where: Cafe

**Must pre-register. Sign-up with
Barton Staff by Friday, April 17.**



We Can Help



You MUST sign up in advanced. See Barton Staff to sign up for a 15-minute slot.

Sign Up to receive Free One-on-One Tech Support with IConnect

Date: Tuesday, April 28

Time: 2 p.m. - 4 p.m.

Where: Cafe

- Questions on your new device?
- Need help downloading games or apps?
- Want to know how to check or send email?
- Want to watch a movie on your tablet?
- Questions on saving pictures?
- Trouble with storage?



Center Member Group Activities

Coffee With Friends



When: Every Saturday

Time: 9 a.m. - 12 p.m.

Where: Cafe

Wednesday Morning Coffee

When: Every Wednesday

Time: 8:45 a.m. - 10:30 a.m.

Where: Cafe



Book Club

When: Wednesday, April 1

Time: 1 p.m. - 2 p.m.

Where: Craft Room

We are discussing *The God of the Woods* and will be given *Killers of the Moon* for next month.



Lakewood Public Library: Homebound Service



When: Every Tuesday

Call LPL Customer Service Desk by 6 p.m. the Saturday before your delivery date at: (216) 226-8275 ext. 110.

Library representative available to receive books to be returned at this time in the Cafe area.



Beginner's Spanish Class



When: Every Tuesday

Time: 3 p.m. - 4 p.m.

Where: Cafe

Join Irene & Esteban to learn beginner's Spanish! It is recommended that you attend weekly and bring a notebook and writing utensil to this class.



Stories On Paper

When: Wednesdays,
April 8 & 22

Time: 10 a.m. - 12 p.m.

Where: Faulhaber Auditorium

Participants are given a creative prompt to write a short story on their own time that can be shared with the group at the next class. Come get creative with us!

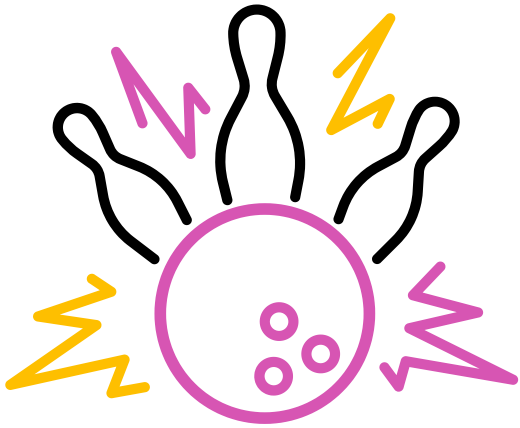


Tabletop Bowling

When: Wednesdays, April 8 & 22

Time: 1 p.m. - 2 p.m.

Where: Cafe

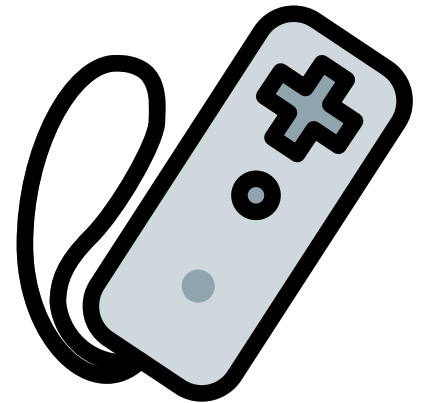


Wii Bowling

When: Wednesdays, April 1 & 15

Time: 2 p.m. - 3 p.m.

Where: Cafe



Trivia

When: Friday, April 24

Time: 2 p.m. - 3 p.m.

Where: Cafe



Open Craft Room Hours

When: Every Monday

Time: 9 a.m. - 12 p.m.

Where: Craft Room

Come hang out and work on
your crafts!



Karaoke

When: Saturdays, April 4 & 18

Time: 6:30 p.m. - 8 p.m.

Where: Cafe

with Ron & Lilie Walden



Health & Wellness

Activities

Balance Class

When: Every Monday

Time: 11 a.m. - 11:45 a.m.

Where: Community Room

This class is designed to improve balance and lower body strength for older adults through chair exercise. **We will focus on stability and strength exercises as well as fall prevention techniques.**



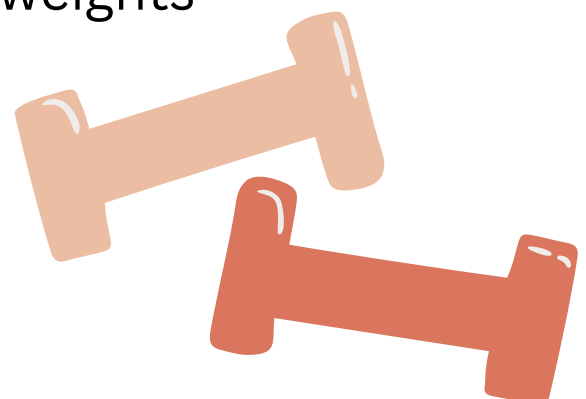
Movement & Lightweights Class

When: Every Tuesday

Time: 11 a.m. - 11:30 a.m.

Where: Community Room

Participants will be given 1 lb or 2 lb weights in this seated class.



Creative Therapy Activities

Art Therapy

When: Every Tuesday

Time: 4 p.m. - 5:30 p.m.

Where: Craft Room
with Jocelynn



Music & Memories Class

When: Every Thursday

Time: 2:30 p.m. - 3:30 p.m.

Where: Community Room
with Gavin



Religion & Worship

Activities



Rosary Services

When: Every Tuesday

Time: 7 p.m. - 8 p.m.

Where: Community Room
with Ms. Tyburski

Bible Study

When: Wednesdays, April 8 & 22

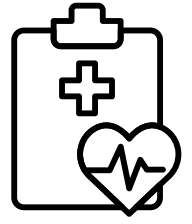
Time: 11 a.m. - 12:30 p.m.

Where: Community Room
with Ron & Lilie Walden



Barton Center Wellness Corner

Neighborhood Paramedic Health Sessions



Join Oliver Harper for a one-on-one session where he will:

Discuss your:

- Medications
- Recent discharge orders
- Doctor Instructions
- Discuss health concerns & diagnosis
- Aging in place concerns

When: Thursday, April 16

Time: 10:30 a.m. - 11:30 a.m.

Where: Cafe



**You must reserve a 15-minute time slot.
See Barton Center staff to sign up**

Fitness Center

OPEN 24 HOURS

Please see the Westerly Office, room 110, to sign a waiver and activate your fob. **A waiver must be completed prior to using the Fitness Center.**



**Dr. Mark Massie
Podiatrist**

When: Thursdays

Time: 9 a.m. - 3 p.m.

By appointment ONLY

216-402-4233



Anthony Lima

Licensed Massage Therapist

When: Tuesdays and
Saturdays

By appointment ONLY

Call or Text:

216-704-0794

Email:

GITmassage@hotmail.com



**Free Hearing &
Hearing Aid Checks**

When: Monday, April 6

Time: 10 a.m. - 4 p.m.

Where: Wellness Center

Call now to schedule your appointment!

Earl Gentile - 440-333-3271



Barton Center
Transportation Services
Must book in ADVANCE



(216) 221-4282

COST: \$2 one-way \$4 roundtrip

Monday - Friday 9 a.m. - 11:15 a.m.

1 p.m. - 3:15 p.m.

Westgate Trip:
Wednesday, May 13

Must be able to get in and out of the car independently. The Barton Center is not responsible for any **lost, stolen or damaged items.**

You must be on time for your ride, or the car will leave without you!!

Barton transportation reserves the right to refuse rides based on resident behavior.

A Word from the Property Manager

Dear Residents of the Westerly Apartments,

I want to address the continuing challenge of low attendance at our town hall meetings. I strongly encourage everyone to participate; these meetings are essential for voicing your issues and concerns while having constructive dialogue with our staff.

Here's an important update regarding the results from our recent survey:

- Residents requested staff to wear name tags, and I'm pleased to inform you that all cleaning and maintenance staff now proudly wear name tags and Westerly apparel for easy identification.**
- The City of Lakewood's off-duty police officers remain active in patrolling our property. Please report any suspicious activity by contacting the authorities when necessary.**
- I understand the frustration regarding the removal of biohazard and recycling bins. Unfortunately, due to the improper items placed in these containers, we will not be reinstating them at this time. As I mentioned in our town hall meetings, spending over \$1,000 for recycling services that we previously received for free from the City of Lakewood is not feasible.**
- We recognize areas needing improvement, and we are actively addressing these issues internally.**

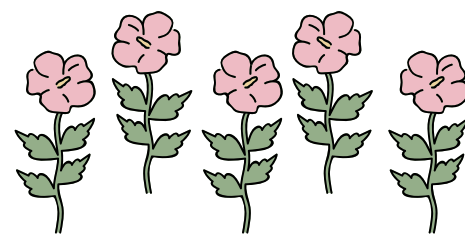
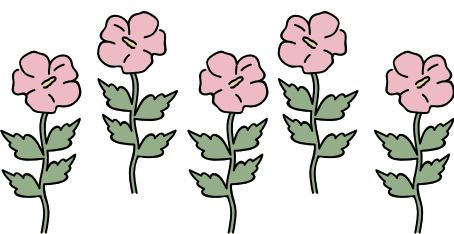
I sincerely thank those residents who took the time to complete the survey. Your feedback is invaluable as we strive to create a better living environment.

The survey results have been shared with and discussed by the Board of Trustees, ensuring your voices are heard.

If you have any further questions or concerns, please feel free to reach out to me directly. I'm here to assist you.

Thank you for your continued cooperation!

**Warm regards,
Meg**



Town Hall Notes from March 13

Meghan

- Dogs – please pick up after them
- Furniture – please don't bring down to the hallway across from the salon. Bulk trash is the 1st and 3rd Wednesday of the month with no charge. If fabric items, please wrap in plastic
- Thermostats – please don't put up higher than 75 degrees in the cafe area
- Cleaning staff – for the help of the cleaning staff, please don't drag rubbish down the hallway to the chute.
- Emergencies – if there is an emergency, please call 911 before finding staff.
- Strong winds and storms – please make sure you have a flashlight in your apartment. Generators only work for the ground floors and common area hallways

Milica

- HEAP Apps – you have until 5/31/2026 to complete. If you have any questions, please see your service coordinator

Resident – issues with mail thieves – Meg – call the police then complete an incident report – we cannot share video footage with residents but can with the police. Also, please do not assist fellow residents by taking mail/packages to their apartment UNLESS they have asked you to

Resident – Call box/intercom not working – Meg – we are looking into updating the system. Must acquire bids then get board approval

Resident – Are residents supposed to clean air conditioner filters?
Meg – residents need to clean the filters. We will schedule an in-service to show residents how to properly clean them.

Resident – Can I have tiles re-waxed or floors cleaned? - Meg – residents are responsible for this. Westerly has names of contractors if residents need them.

Town Hall Notes from March 13

Resident – complained of dog(s) barking – Meg – you can call the police if they bark too much. She will address the resident(s) she is aware of.

Resident – Rumor has it rent is going up significantly. Meg – everyone got notices in February of a rent increase. Some residents did not get them if they have not had a 1 year anniversary yet. Also, CMHA will let them know if there are changes in their rent subsidies.

Resident – Noise in the heating pipes – Tim – Work orders have been issued and each building will be addressed as needed
Resident – Entrance in the North Building – bits of glass near entrance and in mulch area (dangerous for pets) - Meg – will make sure maintenance cleans up

Resident – Laundry room doors are slamming since “arms” removed. Meg – talking with Tim to fix

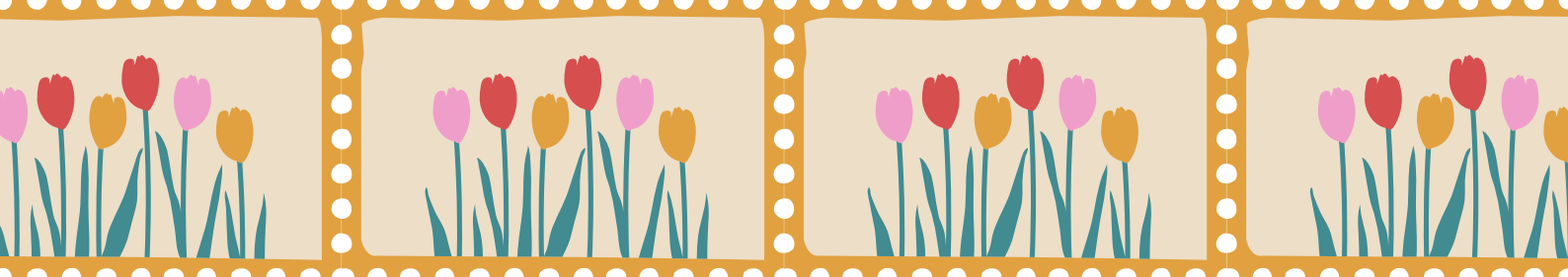
Resident – Cigarette butts outside terrible – Meg – reminded people to pick up after themselves, this is your home. We were a little lenient because of weather but remember must be 30 feet from the building – resident commented - “See something – Say something”

Resident – Can anything be done to make opening the windows easier – Meg – you can spray WD40 in tracks to help them slide easier. Maintenance cannot open and close windows for residents

Things You Should Know

Several of the reminders listed below were discussed at the recent town hall meeting:

- Cardboard boxes cannot be placed down the trash chute, as it will clog. Residents should break down the boxes and place them in either the laundry room (W2 and W3) or the recycling room (W1).
- Residents are responsible for cleaning out the laundry equipment (both washer and dryer) after each use.
- The lobbies in Westerly 1, 2, and 3 are for short-term visiting only.
- The Barton Center cafe is a shared space for the residents to utilize to visit friends, family, and neighbors. We need to be mindful and respect each other while utilizing this space.
- If you see something, say something. As we are not here during evening or weekend hours, it is helpful for residents to report matters to the office to address any concerns or issues promptly.
- When you are using the cafeteria, please be mindful and cleanup after yourselves if a mess is made.
- If someone is calling you through the callbox, stay on the phone and dial 9 to let them in the building. Hanging up and then pressing 9 does not work.
- Residents should not have foil in their drip pans; it is a safety issue.
- Please refrain from using drain cleaner in your sinks as it is destroying the pipes.



Service Coordinators' Corner

Happy Spring, Everyone! It's time to get some fresh air and sunshine. Opening your windows would be helpful, too.

Dates to Remember:

Lakewood Community Services Center (LCSC) will be delivering a bag of grocers to residents who have registered with their Service Coordinator. The delivery date is the third Friday of the month, April 17, between 3 pm and 5 pm.

Recipients must be home to receive the delivery.

If you aren't available for the delivery, or if you are interested in more information about this program, contact your Service Coordinator.

Home Energy Assistance Program (HEAP): You still have time to turn in an application; The season runs from July 1 through May 31 annually. Residents who receive rental assistance are not eligible. See your Service Coordinator to determine if you qualify or if you have questions.

Case Western Reserve University Dental School has been coming to Westerly Apartments to do basic dental work for a few months. Senior students and instructors are available to do the basic dental work. If you would like more information or you would like to schedule an appointment you can call Aeysha Kisner at 216-368-9840.

Service Coordinators' Corner



Voter Registration Event Wednesday, April 1

10:30 a.m. to 1:30 p.m.

DiningRoom/Barton Senior Center

Register to Vote

Check Your Voter Statu

Register for Vote by Mail

Change Your Voting Address

Volunteers from the League of Women Voters will be on
hand to help you.



Service Coordinators' Corner

Please join your Service Coordinators...



Hannah Gilmore, Mobility Specialist

Tuesday, April 14

1 p.m. to 2 p.m.

Dining Room

“Is it Time for a Mobility Device?”

***Do you think you need a device to help
you feel safe when you are walking?***



Service Coordinators' Corner

“Celebration of Life”

(Non-denominational)

Monday, April 20

10:30 a.m. to 11:30 a.m.

**Brosky Commons
(Rotunda/Greenhouse)**

*A Time to Come Together
To Celebrate Those We Loved and Lost.
There Will be Readings, Music
and Sharing of Memories.*

*Our Loved Ones will be part of an
Immortal Presence in Us,
Because Love Never Ends.*



Service Coordinators' Corner

11 Signs It Might Be Time for Assisted Living

Written by: Rebecca Schier-Akamelu

Older adults can have trouble completing activities of daily living, mismanage their medications, become isolated and lonely, or aren't able to keep up with their home maintenance, it may be time to consider assisted living. Other signs that professional caregiving may be advisable include burned out or overburdened family/friend caregivers.

These 11 signs can help you figure out whether assisted living is right for your loved one.

1. Trouble completing activities of daily living

Activities of daily living (ADLs), such as dressing, bathing, and using the toilet present frequent concerns for seniors. Approximately 13.8% of adults 75+ needed personal care assistance in 2024, according to data from the Centers for Disease Control and Prevention (CDC). Assisted living communities provide help with these daily tasks.

2. Not eating nutritious meals

Seniors living at home may lack energy or resources to grocery shop. It's also common for seniors who live alone to lose interest in cooking. This can have negative effects on nutrition and can lead to things like unintentional weight loss or gain. Seniors who have health conditions that require specialized diets, such as low- or no-salt, may struggle to follow proper nutrition. In assisted living, seniors can enjoy nutritious meals, including meals based on dietary needs, without the hassle of cooking, or cleaning up. Meals are often a social event where residents can dine with their friends.

Dining in assisted living is flexible, too. You can find the following features and options in most assisted living communities:

Service Coordinators' Corner

- Complete nutrition and ingredients that touch on every food group.
- Fresh fruit, healthy snacks, and drinks available at any time
- Daily menu with always-available options
- The option to select a special meal plan that accounts for diabetic, low-sodium, kosher, and other diets.
- Dining rooms designed to foster conversation during meals.

3. Difficulty managing medication well

Errors in medication management can pose a real danger for seniors: The CDC reports that misuse of prescription medications is the leading cause of emergency room visits among adults over 65, sending more than 600,000 seniors to the ER each year. Maureen Bradley notes that medication management is an excellent service that assisted living provides.

Assisted living communities can give reminders to residents to take their medications on time or administer the medicines to residents if needed. This helps ensure that each senior takes the correct medicine at the right dose and time.

.4. Increase need for health care support

In general, seniors in assisted living are mostly independent, but they may need help with brushing their teeth, taking their medications, showering, or with other ADLs. Seniors may also choose assisted living for socialization and mental stimulation. To see if your loved one would thrive in an assisted living setting, nurses typically perform a pre-move assessment.

Barbara Levison urges families and caregivers to educate themselves on the diverse types of care available and the many differences between those options.

Service Coordinators' Corner

“If your loved one is experiencing cognitive decline and needs constant supervision, then they would need memory care as opposed to an assisted living facility,” says Levison. “Also, if it’s difficult for them to hold a conversation, they would be more comfortable in a memory care facility where residents have similar abilities.”

Bradley notes that assisted living facilities may not be ideal for seniors with advanced medical needs. Instead, these seniors might need a nursing home.

“Certain medical conditions are not a good fit for assisted living. That being said, not every assisted living community accepts or rejects the same kinds of care needs. Each community makes its own determination about how much care is too much. Some common medical conditions that are beyond the normal scope of care for assisted living include advanced dementia, any conditions that require a permanent IV, serious or multiple wounds, and comorbidities, which is multiple serious medical conditions at once,” Bradley says.

5. You're isolated and lonely

If your loved one lives alone at home, they may have little social interaction with other people their age, which can lead to loneliness and depression. Seniors in assisted living, however, often form connections with other residents, staff members, or even community pets.

“Older adults [in assisted living] have the opportunity to interact with people their own age throughout the day,” says Bradley.

“They’re also exposed to people of different generations in the form of staff and visiting family and friends. Many communities are pet friendly, which allows folks the chance to enjoy furry friends. Even if a resident doesn’t have a dog of their own, for example, they can enjoy their neighbor’s.”

Service Coordinators' Corner

These friendships can help prevent senior isolation, as well as increase a senior's likelihood of participating in enriching activities. Assisted living communities encourage residents to get involved with senior-friendly activities such as fitness classes, happy hours, game nights, and more.

6. They're neglecting home maintenance

Daily chores and home upkeep can be stressful for ailing seniors and their caregivers. Home repairs can be complex and expensive and may be unsafe for seniors. If you start to notice that your loved one's home is always messy, assisted living might be the right move.

Assisted living communities remove these responsibilities by providing services like:

- Vacuuming
- Dusting
- Bed-making
- Bathroom cleaning
- Laundry assistance
- Community maintenance
- Trash removal

7. Safety concerns

Many homes aren't built with seniors in mind. Older adults may have a bedroom upstairs that's becoming difficult for them to access, smaller hallways that aren't wheelchair or walker friendly, or a bathtub that's become difficult to step into.

A big advantage of assisted living communities is that they're designed to meet the needs of seniors. The following are common features of assisted living communities:

Service Coordinators' Corner

- Wide doorways and walkways
- Walk-in showers
- Personal alert systems or alarm cords in the apartment
- Non-slip flooring

Bradley notes that the need for these safety features may vary by resident. “Even for people who may not need those features today, it’s wise to choose communities that offer them in case needs change over time,” Bradley says.

8. They need more help than can be provided by family and friends.

In Bradley’s opinion, it’s time for assisted living when the need for help outweighs the resources available.

It can be difficult to know if you’ve reached this point, but the following questions can help:

- Are you or other family members missing too much time at work or sacrificing other obligations to care for your loved one on a regular basis?
- Does your loved one need overnight support?
- Is the cost of an in-home caregiver becoming a financial burden for your loved one or other family members?
- Is your relationship with your loved one becoming strained as you focus more on your responsibilities as a caregiver?

If you’ve answered yes to these questions, you may be at the point where it makes sense to consider an assisted living community.

Service Coordinators' Corner

Bradley notes that this can be difficult for families to realize. “Even though caring for a loved one can be incredibly demanding and difficult, it’s also hard to let go. This is a common occurrence. I’d recommend that caregivers plan to visit their loved ones regularly but make a concerted effort to keep the visits social in nature. That can be having lunch, playing Bingo together, enjoying a movie, going for a walk or any number of other activities. When I was an executive director, I used to say to family members, ‘Let us be the caregivers.’ That’s what you’re paying us for. You just concentrate on being the daughter again.”

9. Their doctor recommends assisted living

While the perspective of family and friends can play a pivotal role, some caregivers and seniors might want a medical evaluation. In these scenarios, seeking counsel from your loved one’s doctor can give much-needed insight.

For Lagesse, this meant reaching out to her husband’s cardiologist and his primary care physician, both of whom supported her in moving her husband to assisted living.

Just as a doctor’s opinion can comfort a caregiver, it can also boost a senior’s confidence and enthusiasm in the decision to move to assisted living. Seniors are more likely than younger people to trust their doctors.

10. You and other family caregivers are burned out

Caregiving may take a toll on you or the family caregiver. Unfortunately, caregivers are often the last to notice their own burnout and fatigue. In these situations, family members and friends can act as accountability partners in protecting their mental and emotional health.

Service Coordinators' Corner

Levison encourages families to act sooner rather than later if they think it's time for assisted living. "In my experience, families and caregivers often wait until things are progressing to a breaking point before looking for assisted living options," says Levison. And, she adds, both senior well-being and caregiver mental health may be strained by the time many families begin looking for care.

11. You're struggling with coordinating their care

If it has become difficult to coordinate care for your loved one, it may signal the need for assisted living.

In addition to the emotional and physical toll of these hospitalizations, her husband's regular appointments with many doctors and specialists could become overwhelming.

To simplify this process, assisted living communities help coordinate care for residents. Doctors, physical therapists, and other health professionals may even provide their services within the community. For residents who wish to continue to see their own doctors and care providers, many communities provide transportation to nearby clinics.

Additionally, Bradley notes that care staff are in frequent communication with a resident's physician.

"Assisted living facilities excel at care coordination. They're often better at keeping physicians informed than families or home caregivers were. This is because they have regulations or systems in place where they fax accident and incident reports to the doctor, as well as medication records, just by regular course," says Bradley.