

RETIREMENTLIVING

Is it time to move?



Matt Del Vecchio
Seniors and Aging

Moving a family member into a senior care residence is never an easy decision. In fact, they may be resistant to moving and they may fear losing their independence. Let's face it; it's not easy to admit that one is getting older, especially when your body and your mind is not what it used to be.

However, there are some telltale signs that caregivers can look for in order to recognize when it's time to consider assisted living for their loved ones:

1. Physical

When there are physical and anatomical signs of deterioration that will affect their well-being and their safety. For example, loss of sight, hearing or physical conditions, such as arthritis and osteoporosis, loss of balance, stroke or disease.

2. Mental – Cognitive, language, decision making

Wandering or forgetfulness where home and physical safety becomes an issue. Forms of degenerative dementia such as Alzheimer's disease, Parkinson's disease, and dementia with Lewy Bodies (DLB) and vascular dementia can pose a safety risk for a family member where they can either wander off and don't

remember where they are, forgetting to turn off the stove or take their medication.

3. Red flags

Are there concerns with any of the following?

Nutrition; preparing meals; slips or falls; bills being delayed or not being paid; Improper use or handling of medications; loneliness; transportation and driving issues; housework and yard work; safety and security; social activities.

4. Behaviour

Symptoms of agitation and aggression in behaviour otherwise known as "Sundowner syndrome" becomes more pronounced later in the day due to the fading of light — is a common characteristic of those with Alzheimer's or other forms of dementia. This can take a heavy toll on caregivers and other family members when it begins to severely disrupt family routine thus causing caregivers to suffer or begin to feel resentful.

5. Caregiver stress

There are the psychological costs of caregiving and of making difficult care decisions, which can be compared to the effects of post-traumatic stress disorder. Caregivers may experience symptoms like disabling anxiety, hyper-vigilance and more. The emotional, mental and physical toll of caregiving



PHOTO: SHUTTERSTOCK

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can be particularly pronounced for spouses of those who need care. An example, the wife, who is the primary caregiver, is also a senior. She's taking care of her 75-year-old husband who falls. She has difficulty picking him up and has to call the paramedics. In cases like this, when the demands of care become too great, it might be clear immediately. In other cases, it might not be so obvious.

However, if you are feeling isolated and alone, or if you begin to feel resentful of your loved one, it might be time to examine the source of those feelings. Sleep deprivation, anger, resentment, all those things will become part of what happens to a caregiver. It is not an easy decision to make. Sometimes,

it is best to discuss with other family members or with those who have gone through the experience to obtain their advice. Helping your loved ones to recognize the signs of when it is time to move, having an open dialogue with the family members involved and taking the time to discuss the options will go a long way in making the transition to senior care residence more agreeable for everyone.

Matt Del Vecchio is a Certified Professional Consultant on Aging (CPCA). He is the founder and president of Lianas, a company specializing in retirement residence search and senior transition support. Read his regular blog at TheSuburban.com



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Our main objective is to find you the right home in the Laurentians!

BEAUTIFUL PROPERTIES!

<p style="text-align: center; font-weight: bold; background-color: blue; color: white; padding: 2px;">GORE</p> <p style="text-align: center; font-weight: bold; background-color: yellow; padding: 2px;">WOW!!! TWO PROPERTIES FOR THE PRICE OF ONE!</p>  <p style="text-align: center; font-weight: bold; background-color: blue; color: white; padding: 2px;">\$258,000</p> <p style="font-size: small;">Could be used either as Residential and/or Commercial! Building 1: 2-3 Bedrooms, 1-Bathroom & 1 Powder room; Building 2: 2 Bedrooms & 1 Bathroom with water presently supplied by Building 1. It's better to have it's own Artesian Well. Both buildings are completely renovated. This is an opportunity not to miss! MUST SEE TO BELIEVE!</p>	<p style="text-align: center; font-weight: bold; background-color: blue; color: white; padding: 2px;">SAINT-ADOLPHE D'HOWARD</p> <p style="text-align: center; font-weight: bold; background-color: yellow; padding: 2px;">A NICE CHRISTMAS GIFT FOR THE FAMILY TO GO, RELAX AND HAVE FUN WINTER OR SUMMER!</p>  <p style="text-align: center; font-weight: bold; background-color: blue; color: white; padding: 2px;">\$108,000</p> <p style="font-size: small;">A Cute little 3 Bdrm, 1 Bthrm, 4 season furnished Chalet with wood burning stove in Lvg Rm. Lie on the beach of Lac du Coeur just 2 minutes walk from the Chalet! 14,881 sq.ft. of land with mature trees; Large balcony at the back for Barbecuing; Artesian Well; Septic Tank & Ecoflo; It only needs a little bit of TLC!</p>	<p style="text-align: center; font-weight: bold; background-color: blue; color: white; padding: 2px;">GORE</p> <p style="text-align: center; font-weight: bold; background-color: yellow; padding: 2px;">BEAUTIFUL VICEROY HOME ON LAC CAROLINE!</p>  <p style="text-align: center; font-weight: bold; background-color: blue; color: white; padding: 2px;">\$495,000</p> <p style="font-size: small;">A true "DREAM HOME" built on 41,000 sq.ft. lot with 200 ft. waterfront! Very bright & spacious, 3 Bdrm, 3 Bthrm country home in impeccable and 'move-in' condition! Separate 40.9 ft X 30.9 ft. detached building housing a 3-car garage, an exceptional workshop, an exercise room and a large storage area inside! 15 min to Morin-Heights & 25 min to St-Sauveur. MUST SEE TO BELIEVE!</p>
<p style="text-align: center; font-weight: bold; background-color: blue; color: white; padding: 2px;">SAINT-MARGUERITE-DU-LAC MASSON</p> <p style="text-align: center; font-weight: bold; background-color: yellow; padding: 2px;">WOW! EXCEPTIONAL HOME ON A MAGNIFICENT LAKE!</p>  <p style="text-align: center; font-weight: bold; background-color: blue; color: white; padding: 2px;">\$695,000</p> <p style="font-size: small;">An incredible, very spacious, 5-Bdrm, 4-Bthrm, home with 20ft ceiling, large 17 x 12 ft. designer kitchen, cinema room, game room w/wet bar, 2-fireplaces, and with magnificent mountain & water view! 52,000 sq.ft. land with 200 ft of waterfront! It's a stunning Home!</p>	<p style="text-align: center; font-weight: bold; background-color: blue; color: white; padding: 2px;">MORIN-HEIGHTS</p> <p style="text-align: center; font-weight: bold; background-color: yellow; padding: 2px;">SPECTACULAR LAKEFRONT COTTAGE! SPACIOUS, SUNNY & BRIGHT ALL YEAR ROUND!</p>  <p style="text-align: center; font-weight: bold; background-color: blue; color: white; padding: 2px;">\$688,000</p> <p style="font-size: small;">These are the characteristics of this very well built & meticulously maintained lakefront 3 Bdrm, 3 Bthrm home with high beamed ceiling & no visible posts! Mesmerizing view of Lac Cook all day long! A Sauna to relax & warm up after ski! Attached 2 car garage; Large 32 x 18 ft. Balcony to entertain and Barbecue; a Generator for power outages & the house is Raydon protected! 5 min to Ski Morin-Heights & Aerobic corridor, 18 min to St-Sauveur & less than an hour to Montreal! This Beautiful Country Home must be seen to be appreciated! Reduced from \$798,000.</p>	<p style="text-align: center; font-weight: bold; background-color: blue; color: white; padding: 2px;">SAINT-SAUVEUR</p> <p style="text-align: center; font-weight: bold; background-color: yellow; padding: 2px;">ATTENTION! HANDYMEN! REDUCED TO \$135,000 FOR A QUICK SALE!</p>  <p style="text-align: center; font-weight: bold; background-color: blue; color: white; padding: 2px;">\$135,000</p> <p style="font-size: small;">This big charming 2 storey, 3 Bdrm, 1 Bthrm home built in 1955 on 48,000 sq. ft. beautiful flat land with a year-round flowing stream on the side! It needs some "loving tender care"! With your skills and expertise, you could transform this big home back into its' original beauty again! First listed at \$289,000 then reduced to \$195,000, again reduced to \$163,000 and now priced at unbeatable \$135,000! If you are a Handyman and you want a BARGAIN, THIS IS IT!</p>

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