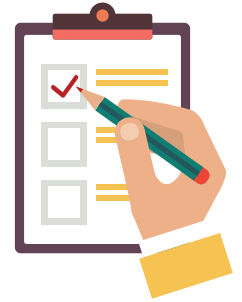


Is it Time to Simplify Your Life Quiz

compliments of The Willows Senior Living Community

The decision to move to a senior living community is something many seniors are considering but when is the right time to move? How can you know when you've waited too long and will need to consider other options like assisted living or nursing home care?

To help answer these important questions, the staff at The Willows senior living community offers the following "quiz." The questions and signs are based on the learnings from the many site tours provided. The quiz is just for you and your personal educational purposes. We hope you find these questions useful as you consider your future living needs.



1. What are the signs that it is time to look into a move to a senior living community? Check all that apply. If you check three or more, it's time to start your search for the right independent living community.

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| <input type="checkbox"/> You feel like your house owns you. | <input type="checkbox"/> You worry your children's relationships are being upset by you. | <input type="checkbox"/> You are lonely. |
| <input type="checkbox"/> You rely on others more than you used to. | <input type="checkbox"/> Your friends/family call to check on you more frequently than before. | <input type="checkbox"/> You worry you are a burden to friends/family. |
| <input type="checkbox"/> You've been hit by one or more unexpected expenses. | <input type="checkbox"/> You depend on friends/family more than you like. | <input type="checkbox"/> You worry about your spouse if something happens to you. |
| <input type="checkbox"/> You don't have children or relatives to lean on in an emergency or you want to remain independent of leaning on them. | <input type="checkbox"/> Your health is starting to change. | <input type="checkbox"/> You're becoming less comfortable driving. |
| | <input type="checkbox"/> You have trouble sleeping. | <input type="checkbox"/> You worry your life is intruding on others' lives. |
| | <input type="checkbox"/> You no longer enjoy working around the house/yard. | <input type="checkbox"/> You're looking to stay active, make new friends and enjoy new experiences. |

2. What are the health changes that signal I need to move to a senior living community? Check all that apply. If you check two or more, it's time to consider this move seriously.

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| <input type="checkbox"/> Changing vision prevents you from driving at night. | <input type="checkbox"/> You no longer participate in things that interested you a year ago like physical activity, work, volunteerism, or social activities. | <input type="checkbox"/> You or your spouse is a bit forgetful and could benefit from games/interactions that exercise the brain to improve memory. |
| <input type="checkbox"/> Your health, such as cholesterol, high blood pressure and diabetes, is less under control. | <input type="checkbox"/> Others notice that you've gained or lost weight. | <input type="checkbox"/> Your house and yard are becoming neglected or you have less strength for, or interest in, their upkeep. |
| <input type="checkbox"/> You're not focusing on eating properly. | <input type="checkbox"/> Eating or preparing meals feels like a bother. | <input type="checkbox"/> Even though you are a bit forgetful, you or your spouse can still adapt to new surroundings. |
| <input type="checkbox"/> You find it hard to get out and/or you're socially isolated within your house. | <input type="checkbox"/> You want to maintain your good health. | |
| | <input type="checkbox"/> You miss companionship. | |

3. What are the signals that tell me it's time to act quickly? Check all that apply. If you check three or more, it's time to consider this move soon.

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| <input type="checkbox"/> Difficulties with stairs/steps. | <input type="checkbox"/> Your neighborhood is changing and you don't know your neighbors. | <input type="checkbox"/> Your home is large / too spacious to keep up. |
| <input type="checkbox"/> You've had a health scare and recuperated from it. | <input type="checkbox"/> Your friends have moved. | <input type="checkbox"/> You want to or are starting to slow down. |
| <input type="checkbox"/> You think, "It will never happen to me." | <input type="checkbox"/> Your children are starting to ask about your future plans. | <input type="checkbox"/> You seek more intellectual opportunities. |
| <input type="checkbox"/> There is no one geographically close who could rush to your aid when the unexpected happens. | <input type="checkbox"/> Your spouse may have trouble managing if something happens to you. | <input type="checkbox"/> Your social circle is shrinking. |
| <input type="checkbox"/> You're facing a major home repair within the next year. | <input type="checkbox"/> Several rooms in your home are rarely used. | <input type="checkbox"/> You don't feel safe and secure. |

4. What are the developments that indicate I've waited too long and really need assisted living or long term nursing care instead? Check all that apply. If you check two or more, this may apply to you.

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| <input type="checkbox"/> You are extremely forgetful. | <input type="checkbox"/> Others do your cooking, laundry, cleaning, yard work, bill paying, etc. | <input type="checkbox"/> Someone helps you take your medications. |
| <input type="checkbox"/> You just don't care. | <input type="checkbox"/> You need the services/support offered at a nursing home. | <input type="checkbox"/> You're diagnosed with a progressive illness. |
| <input type="checkbox"/> You can no longer manage your own life. | <input type="checkbox"/> You're not safe living alone. | <input type="checkbox"/> Your children are making decisions for you. |
| <input type="checkbox"/> You are no longer in control. | <input type="checkbox"/> Someone sets up your medications for you. | |
| <input type="checkbox"/> You can't live alone. | | |
| <input type="checkbox"/> You have a paid companion to "keep you company." | | |

The move to a retirement community offers people the opportunity to remove themselves from the burdens of maintaining a house; to devote their time to the activities they love and to give their friends/family the peace of mind to know there are living safely, smartly and worry-free. It is one of the most important decisions a person will make during their lifetime.

If it's time for you or a loved one to consider retirement community living, check out The Willows in Mason City, located on the rolling meadows of Mercy Medical Center – North Iowa's West Campus. At The Willows, tenants are a family. Seniors say the cozy independent living facilities, delicious afternoon dining, and great company make them feel like they are on a permanent vacation. Call The Willows today to schedule a tour or an overnight stay at 641-428-5775 or 800-433-3883.



Office hours: Mon. – Fri., 7 a.m. to 3:30 p.m.

1000 N. Eisenhower Ave. Mason City, Iowa

MercyOne.org/northiowa/willows

A service of MercyOne North Iowa Medical Center