

ARE YOU MISSING THE SIGNALS THAT YOUR LOVED ONE NEEDS MORE HELP?



Quality in Life Test Use the Youville QuiLT to determine if a better quality of life is possible.

Answer yes if any of the following are true.

	YES	NO
Are you noticing clothes being worn over and over, or a lack of personal hygiene?		
Is your loved one struggling with housekeeping chores such as dishes or laundry?		
Do you notice bills piling up or difficulty managing the checkbook?		
Are you unsure if medications are being managed or taken properly?		
Is your loved one eating mostly processed food, cereal or sandwiches?		
Is your loved one watching a lot of TV ?		
Would your loved one benefit from a regular exercise program?		
Are there steps up to the house or in the house?		
Do you have safety concerns about falls or well being?		
Do you have concerns about safety in the bathroom or kitchen?		
Has managing home maintenance become overwhelming?		
Would your loved one benefit from social activities outside the home?		
Is your loved one struggling with appointment coordination or transportation options?		
Is one partner caregiving for the other?		
Have you noticed behavior changes, increased anxiety or weight loss?		
Do your visits revolve primarily around caregiving chores rather than being social occasions?		
Total score		

If you have answered YES to **three or more** of these QuiLT questions, residence at Youville assisted living would offer your loved one an improved quality of life. To find out more about our "Age Well" program, or to schedule a confidential visit, contact us.

www.youvilleassistedliving.org
Cambridge • 617.491.1234 Lexington • 781.861.3535