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.

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

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

☐ Difficulties with stairs/steps. ☐ Your neighborhood is changing and you don’t know your neighbors.
☐ You’ve had a health scare and recuperated from it. ☐ Your friends have moved.
☐ You think, “It will never happen to me.” ☐ Your children are starting to ask about your future plans.
☐ There is no one geographically close who could rush to your aid when the unexpected happens. ☐ Your spouse may have trouble managing if something happens to you.
☐ You’re facing a major home repair within the next year. ☐ Several rooms in your home are rarely used.

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.

☐ You are extremely forgetful. ☐ You depend on friends/family to check on you more frequently.
☐ You just don’t care. ☐ You worry about your spouse and need them to keep you company.
☐ You can no longer manage your own life. ☐ You worry you are a burden to your friends/family.
☐ You are no longer in control. ☐ You think, “It will never happen to me.”
☐ You can’t live alone. ☐ You or your spouse is a bit forgetful and could benefit from help managing medications.
☐ You have a paid companion to “keep you company.” ☐ Others do your cooking, laundry, cleaning, yard work, bill paying, etc.

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.
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MercyOne.org/northiowa/willows
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