

Are You Asking... Is it Time?

What to Do When You're Starting to Wonder If It's Time

If you're starting to worry about your parent's safety or well-being at home, this will help you understand what to look for and what to do next.

WHY FAMILIES END UP HERE

Most families don't plan this moment—it usually happens after:

- A fall or hospital visit
- Noticeable memory or health decline
- Increasing stress on a family member helping
- Noticeable decline in home maintenance

If this sounds familiar, you're NOT alone and it's a sign it's time to start planning.

SIGNS IT MAY BE TIME*

- Falls or unsteadiness
- Leaving stove or appliances on
- Difficulty driving
- Missed medications
- Weight loss or poor nutrition
- Frequent ER visits
- Memory & Thinking
- Repeating questions
- Confusion or getting lost
- Trouble managing daily tasks
- Home Condition
- Clutter or hoarding
- Unpaid bills
- Neglected upkeep

The goal is to make a decision BEFORE a situation forces one.

Noticing these signs is hard. Most adult children spend months second-guessing what they're seeing before they feel ready to act on it. That hesitation is completely normal — and this guide is for exactly that moment.

Why Starting Now Changes Everything

- Planning now means more options and more time to find the right fit
- Earlier decisions protect your parent from a crisis-driven choice
- Families who plan ahead report significantly less conflict and stress
- Care costs are easier to manage when there's time to prepare financially
- Your parent gets to participate in the decision rather than having it made for them

TOO OFTEN FAMILIES:

- Wait for "certainty"
- Try to handle everything alone
- Hope it's just a one-time "incident"
- Avoid the conversation
- Don't understand how timing affects cost and options

*Depending on the number and severity of these signs, the next step may be in-home care, adult day programs, or a more significant transition — Step 2 and Step 3 of this guide will help you figure out which

Remember waiting, hoping, and avoidance is normal and is not a failure. They're all completely human responses to a hard situation. This guide exists because you're already doing something different — **you're paying attention.**

WHAT TO DO NEXT

You don't need all the answers—you just need to start.

1. Start the conversation in a gentle way (See Guide #2)
2. Understand the full range of care options — from in-home support to assisted living and memory care
3. Create a simple plan for timing and next steps



One More Thing Before You Move Forward: Start Thinking About Care Needs

As you prepare to have the conversation with your parent, it helps to have a basic sense of where things actually stand — so you're not going into the conversation blind. — and where things might be heading. You don't need a medical degree to think this through. Start by honestly observing these three areas:

- Daily Living - Thinking and Memory - Safety at Home

The answers won't tell you exactly which community is right. But they'll help you understand whether your parent needs light support, hands-on daily assistance, or specialized memory care — and that distinction matters enormously when you start evaluating options in Step 5. If you're unsure, that's completely normal. A geriatric care manager or your parent's physician can provide a more formal assessment.



What matters right now is that you're paying attention.

The Senior Move Roadmap: a step-by-step process to help families move forward with clarity



Is it Time?



Have the Conversation



Make the Plan



Understand the Costs



Choose the Right Place



Prepare the Home



Make the Move



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