

Are You Asking... Is it Time?

What to Do When a Parent Can't Live Alone Anymore (Houston Guide)

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
- Minor car accidents



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
- Health
- 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



If you're seeing several of these, it's time to take the next step.



WHAT HAPPENS IF YOU WAIT

Waiting often leads to:

- Emergency decisions instead of planned ones
- Fewer care options
- Higher costs
- More stress and family conflict
- Falls become more likely



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

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



WHAT TO DO NEXT

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

- 1: Start the conversation in a gentle way (Here’s How)
- 2: Understand care and housing options
- 3: Create a simple plan for timing and next steps

PART OF A SIMPLE SYSTEM

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

If you’re in Houston and need help figuring out next steps, I’m happy to walk through your situation and help you create a simple plan.

Call or Text 602.327.1244

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Click on ANY of the steps below to see what’s next

