



Mustang Creek Estates

RESIDENTIAL ASSISTED LIVING & MEMORY CARE

IS IT TIME FOR ASSISTED LIVING?

A Family's Guide to Recognizing When It May Be the Right Next Step

Making the decision to move a loved one into Assisted Living is one of the hardest choices a family will ever make. Many families wait until after a fall, hospitalization, or caregiver crisis before exploring their options. The truth is, moving earlier often allows seniors to maintain more independence, build friendships, and enjoy a higher quality of life. If you've been wondering whether it's time, here are ten signs to consider.

1 Daily Tasks Are Becoming Difficult

Has your loved one begun struggling with everyday activities such as:

- Bathing
- Dressing
- Grooming
- Preparing meals
- Taking medications correctly

Needing help with these tasks doesn't mean someone has lost their independence – it simply means they may benefit from extra support.



Our caregivers provide assistance while encouraging residents to remain as independent as possible.



2 Falls Are Becoming More Frequent

One fall can change everything. Even if there hasn't been a serious injury, repeated falls or increasing balance issues are important warning signs.



At Mustang Creek Estates, our caregivers help reduce fall risks through supervision, assistance with mobility, and safer living environments.



3 Medications Are Being Missed or Mixed Up

Missing medications – or taking too much – can quickly lead to serious health complications. Warning signs include:

- Missed doses
- Pills left in organizers
- Confusion about medications
- Multiple trips to the emergency room



Professional medication management provides peace of mind for families.



4 Nutrition Is Declining

Have you noticed:

- Weight loss
- Spoiled food in the refrigerator
- Frozen dinners becoming the primary meal
- Little interest in cooking

Many seniors simply lose the desire – or ability – to prepare healthy meals every day.



At Mustang Creek Estates, residents enjoy fresh, home-cooked meals prepared right in each home, with the flexibility to eat when they're hungry.



5 The Home Is No Longer Being Maintained

- Stacks of unopened mail.
- Laundry piling up.
- Housekeeping falling behind.
- Yard work left undone.

These changes often happen gradually and may signal that daily responsibilities have become overwhelming.



6 Memory Loss Is Affecting Daily Life

Occasional forgetfulness is a normal part of aging. However, it may be time to seek additional support when memory problems begin affecting:

- Safety
- Medication management
- Personal hygiene
- Nutrition
- Daily routines



Early intervention often leads to better outcomes and less stress for everyone involved.



7 Social Isolation Is Increasing

Many seniors become isolated after:

- Losing a spouse
- Giving up driving
- Friends moving away
- Health changes limiting activities

Isolation can contribute to depression, anxiety, and cognitive decline.



One of the greatest benefits of our assisted living community is that friendships develop naturally.



8 Caregiver Stress Is Taking a Toll

Family caregivers often put their own health aside. If you're feeling:

- Constantly exhausted
- Overwhelmed
- Unable to leave the house
- Losing sleep
- Missing your own doctor appointments... it may be time to ask for help.



One of the greatest gifts Assisted Living provides is allowing spouses and children to return to simply being family again.



9 Hospital Visits Are Becoming More Common

Repeated hospitalizations often indicate increasing medical needs.

Having trained caregivers available 24 hours a day can help monitor changes and provide assistance before small problems become emergencies.



10 You're Constantly Worried

Sometimes the biggest sign isn't about your loved one. It's about you. Do you worry every time the phone rings? Wonder if they've eaten? Stress about whether medications were taken? Lose sleep because you're afraid they'll fall? That constant worry is exhausting.

Assisted Living doesn't remove your role as a daughter, son, or spouse – it gives you peace of mind knowing someone is always there.



Remember...

Many families tell us they wish they had made the move sooner. Instead of waiting for a crisis, their loved one was able to enjoy:

- New friendships
- Daily activities
- Delicious home-cooked meals
- Personalized care
- A safe environment
- More meaningful time with family

Moving to Assisted Living isn't about giving up independence. It's about gaining support, safety, and a better quality of life.



How Mustang Creek Estates is Different

At Mustang Creek Estates, we believe senior living should feel like home. Unlike large institutional communities, our residents live in small, residential-style homes where they are known by name, cared for like family, and surrounded by familiar faces.

Families appreciate our:

- ✓ All-inclusive pricing with no levels of care charges
- ✓ Small residential homes
- ✓ High staff-to-resident ratio
- ✓ Home-cooked meals prepared in open kitchens
- ✓ 24/7 trained caregivers
- ✓ Engaging activities that support physical, emotional, and cognitive well-being
- ✓ Personalized Assisted Living and Memory Care



We'd Love to Help

If you're beginning to notice several of these signs, we're here to answer your questions – without pressure. Schedule a tour, meet our team, and discover why so many families choose Mustang Creek Estates.

Sometimes the hardest conversation leads to the greatest peace of mind.

Allen | Burleson | Flower Mound | Frisco | Keller | Sachse

Our mission is to provide seniors with high-quality, residential-style Assisted Living & Memory Care at an affordable price.

www.mce.care