

# 5 Costly Mistakes San Diego Families Make When Choosing Senior Care

**A practical, compassionate guide for families navigating senior care decisions in San Diego County.**

## Mistake #1: Waiting Until a Crisis Forces the Decision

Families often wait for a fall, hospitalization, or sudden decline before exploring care. This leads to rushed decisions, limited availability, and emotional stress.

**What to do instead:** Start planning early—even one consultation can provide clarity.

## Mistake #2: Assuming All Assisted Living or Memory Care Is the Same

Care quality varies dramatically between communities in staffing, safety, and philosophy.

**What to do instead:** Match care to the individual—not the marketing brochure.

## Mistake #3: Trusting Sales-Driven Recommendations

Some placement services are paid by facilities, which may influence recommendations.

**What to do instead:** Work with an independent senior navigator whose loyalty is to your family.

## Mistake #4: Underestimating Caregiver Burnout

Caregivers often neglect their own health and well-being, leading to burnout and guilt-driven decisions.

**What to do instead:** Choose care that supports both the senior and the caregiver.

## Mistake #5: Not Understanding the Full Care Continuum

Senior care is not one decision—it evolves over time.

**What to do instead:** Get a personalized roadmap for current and future care needs.

### **About San Diego Senior Navigator**

San Diego Senior Navigator provides independent, family-centered guidance for seniors and caregivers—without sales pressure or quotas. We help families make informed, confident decisions.

**Need personalized guidance?**

Schedule a confidential consultation today.

Serving all of San Diego County.