



Autumn Leaves

A LIFE CARE SERVICES® COMMUNITY

Finding The Right *Community*

Finding the perfect senior lifestyle choice could be as easy as counting to ten.

TEN STEPS to Finding The Right Community.

EXPLORE THESE 10 STEPS WITH YOUR LOVED ONE.

1. Do the Research

Senior living communities are typically classified by the lifestyles or levels of care offered. *Lifestyle* choices range from Independent Living (age-restricted communities for seniors who live independently), Assisted Living (offering assistance with the activities of daily living), and Skilled Nursing (offering long-term skilled care by a nurse 24/7 or short-term rehabilitation). Many communities offer a combination of lifestyles.

2. Schedule a Visit

You can learn a lot online, but there's nothing like visiting communities in person. Most offer personal tours and some offer no-obligation, short-term stay options so seniors can test the lifestyle before making a move.

3. Reserve a Temporary Stay

To help identify the best placement option for your loved one, schedule a temporary Respite stay allowing them to enjoy the community's amenities and social activities.

4. Evaluate the Budget

In most assisted living communities, services included in the monthly fee are extensive—three meals a day, utilities, emergency response systems, scheduled housekeeping and transportation to name a few. In general, supportive services and care, such as help with bathing, dressing and medication management are assessed and charged by the amount of service required. If your loved one is a surviving veteran or spouse, VA Aid and Attendance benefits could help pay for care. Long-term care insurance may be applicable too.



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Today's senior living choices may challenge your definition of a retirement community. You'll find some options offer a vibrant lifestyle with more freedom, independence and flexibility than many seniors experience living in their own home.



5. Make Observations

When visiting communities, ask residents if they like living there. Are residents engaged in activities? Ask about community services and amenities, and request a copy of their events and activities calendar. See if floor plans are well-designed and equipped to make life easier.

6. Consider Transportation

Many communities offer scheduled local transportation that practically eliminates the need and expense of maintaining a car—much less the worries and concerns about driving—in good weather or bad.

7. Consider Shopping

Is there a shopping center nearby—or does the community offer transportation and outings to the grocery store, bank, and mall? Great shopping options simply make retirement life more enjoyable.

8. Consider Healthcare

How close is the nearest hospital or medical center? If the senior living option you're considering doesn't include on-site health care options, you'll want to know that medical care is nearby if and when it's needed.

9. Consider Security

One of the key benefits to moving to a senior living community is added security. Ask about it. Many offer 24-hour security for all residents.

10. Make an informed choice

Choosing a senior living option is easier than you think if you do your research. The residents you come in contact with at senior living communities are very gracious and helpful. They also make great neighbors!