



living your choice™

Planning Guide and Check List

Today, millions are enjoying the benefits of residing in a senior living community. These residents choose senior living because they want to remain active and engaged or may require some level of assistance.

At Living Your Choice it is our mission to help you and your loved ones find the community that best matches the lifestyle, dignity, independence, and quality of life that we all seek in our lives.

With thousands of senior living communities across the country, there are a variety of options from which to choose. It is our expert's job to help you on this quest based on the life you or your loved one has led and your vision of the future.

Our counselors will be along every step of the way to walk you through this process and the following checklist is your resource. This *checklist* provides an idea of the many available options and things to consider while making your decision. Feel free to review any of the items at any time with your counselor.

(800) 419-9098

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Community Location

Yes | No

Is the community convenient for your family, friends and other loved ones?

Is the community convenient to your physician and other medical care needs?

Is the community convenient to shopping?

Is the community convenient to your place of worship?

Is the community convenient to cultural attractions (museums, theaters, gardens, historic sites, etc.)?

Is the community convenient to area transportation (buses, airports, highways)?

Does the community provide easy access to recreational opportunities (parks, beaches, golf courses, country clubs, walking trails, etc.)?

The Facility

Yes | No

Is the community clean and fresh smelling?

Is the architectural design aesthetically pleasing?

Is the decor in interior community areas tasteful and elegant?

Are there attractive gathering areas (lounges, club rooms, card rooms, etc.)?

Are the landscaping and grounds attractive and well maintained?

Does the community have a friendly atmosphere?

Do the residents appear engaged and happy?

Are the common areas a comfortable temperature?

Continued on next page

The Facility (Cont.) Yes | No

Is it easy to navigate and find your way around?	<input type="checkbox"/>	<input type="checkbox"/>
Do they offer outdoor areas for walking and other activities?	<input type="checkbox"/>	<input type="checkbox"/>
Is there plenty of parking available for personal vehicles and guests?	<input type="checkbox"/>	<input type="checkbox"/>
Is the community well lit (parking lots, walkways)?	<input type="checkbox"/>	<input type="checkbox"/>
Are the doorways wide enough for walkers and wheelchairs?	<input type="checkbox"/>	<input type="checkbox"/>
Is the community handicapped accessible (Parking, walkways, elevators)?	<input type="checkbox"/>	<input type="checkbox"/>
Do the public restrooms have grab bars?	<input type="checkbox"/>	<input type="checkbox"/>

Apartment Features Yes | No

Will your furnishings fit well in the style or layout of the home?	<input type="checkbox"/>	<input type="checkbox"/>
Is there ample storage space?	<input type="checkbox"/>	<input type="checkbox"/>
Does the room have good views?	<input type="checkbox"/>	<input type="checkbox"/>
Do the homes have individual climate control?	<input type="checkbox"/>	<input type="checkbox"/>
Is the kitchen well appointed and suitable to your needs?	<input type="checkbox"/>	<input type="checkbox"/>
Are all appliances included?	<input type="checkbox"/>	<input type="checkbox"/>
Are the finishes throughout (the carpet, cabinets, window treatments, fixtures, etc.) contemporary and to your taste?	<input type="checkbox"/>	<input type="checkbox"/>
Would you feel proud to entertain family and friends in your new community?	<input type="checkbox"/>	<input type="checkbox"/>

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Apartment Features (Cont.)

Yes | No

Are the restrooms senior-friendly with grab-bars?

Does it have good lighting to prevent falls?

Are appliances included in the unit?

Dining

Yes | No

Are the dining areas attractive and reflective of the types of places at which you would enjoy eating?

Are the menus varied and attractive?

Does the community have a trained executive chef?

Does the community offer healthy menu options?

Will you have a choice of dining plans?

Does the community offer private dining areas?

Does the community provide for special dietary needs (religious, vegetarian, etc.)?

Service and other Amenities

Yes | No

Is there a daily schedule of activities for the residents?

Do you find plenty of scheduled activities that are of interest to you?

Continued on next page

Service and other Amenities (Cont.)

Yes | No

Does the community have a dedicated resident services and programs staff?

Do they have a Fitness Center/Gym?

Do they have a swimming pool?

Are laundry services available?

How frequent are the housekeeping services?

Is there transportation available for shopping, appointments and other errands?

Are there other conveniences available on site if you wish to pay for them (for example, dry cleaning pick-up, salon services, banking, etc.)?

The Staff

Yes | No

Were you greeted and made to feel welcome?

Did members of the staff smile and make eye contact with you?

Was the staff dressed appropriately?

Did the staff person who accompanied you know residents and staff by name?

Were you able to meet the top manager of the community or any of the management team?

Do the staff members display a genuine commitment to residents and their work?

Do you feel a sense of hospitality and compassion throughout the community?

Continued on next page

The Staff (Cont.)

Yes | No

Did the staff person who accompanied you seem to have what's best for you in mind rather than their own interests?

Was the staff able to answer your questions clearly and sufficiently?

Does the community have a resident council that acts as a liaison between residents and community management?

Your Prospective Neighbors

Yes | No

Are the residents friendly and outgoing?

Did you see plenty of activity (participation in programs and events, etc.)?

Were residents willing to talk and share their perspectives with you?

Do the residents seem to be people with interests similar to yours?

Are residents content and engaged?

Medical Requirements

Yes | No

Are nurses on staff?

Is there someone on staff to assist with temporary care needs (therapy etc.)?

If there are nurses on staff, are they available 24/7?

Continued on next page

Medical Requirements (Cont.)

Yes | No

Can staff administer medications?

Is an initial medical assessment performed prior to admission?

Is an individual plan of care maintained on each resident?

Are the residents and families included in the preparation of the plan of care?

Is there care for residents with Alzheimer's disease and other dementias?

Is there a physician who visits the facility regularly?

Is self-administration of medications allowed?

Can staff communicate policies about medications including storage, administration, and record keeping?

Are there emergency pull cords and/or an emergency response system?

General

Yes No

Do you get a strong sense of quality and attention to detail throughout the community?

Do you believe you would be happy living in this community?

Is staff available to assist residents in handling their finances?

Continued on next page

General (Cont.)

Yes | No

Are residents required to carry renter's insurance?

Is there a pet policy?

Are guest accommodations available for out of town guest?

Other Items to Consider

What is the monthly cost per apartment type?

Is there a move-in or community fee?

Are all services included in the monthly fee? If not, what and how much are additional items?

What is the true length of the lease period (Short-Term, Long-Term, Month to Month)?

What are my billing and payment options?

What is the second occupant fee?

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Other Items to Consider (Cont.)

What is the contract termination policy and move-out policy?

What happens when the level of care needs increase? Who decides whether a resident needs to be moved?

What is the policy for handling a medical emergency?

What medical services are available?

Who coordinates outside care providers?

What is the staff-to-resident ratio?

How many staffers are on overnight duty?

Did you ask to speak to current residents and their families to see how they are enjoying the community?

Financial Requirements

Prices vary with the community based on apartment size, double occupancy, types of services, and the level of medical care required. Typically communities charge monthly rent that includes all the residential services and amenities. The level of care required (if any) each day by the resident(s) would be billed in addition to the rent.

Most senior community rents are based on local market rates and are all private pay. Programs like Medicare generally do not cover senior living costs.

Options many residents and their families have used to pay for senior living include:

- Income from Social Security and pension funds
- The sale of the family home and other investments
- Personal retirement savings
- Assistance from family members
- Long-term care insurance
- The VA Aid and Attendance Program for Veterans of Foreign Wars
- Settlement of a whole life insurance policy that is no longer needed
- Choosing to share your apartment with a roommate to reduce cost
- Medicare may be available on a limited basis to income-eligible seniors

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