



MAKING THE MOVE

TO *Senior Living*

Five-part series from Solstice Senior Living

STEP 3

Finding the Right Community



The decision to move to independent living is an exciting opportunity for you to find a new home, meet new people and join a community. Choosing the right senior living community is an integral part of success in this process. No two communities are alike, and what works for one person might not for the next. This guide will help you find your next home.

While this is a new adventure for you, it can also provide family members peace of mind knowing you are getting the support you need. Including your loved ones in the process can make the experience better for everyone, but remember to follow your gut when making a decision.

As you begin your search for a new home, here are some tips to keep in mind:

- Make sure that the community offers services and activities that match your interests and pace. A lot of this information should be available on the community's website.
- Take some time to identify any private assistance you may need.
- Picking a location close to friends and family can help make the transition to the community feel more natural and provide more opportunities to visit and stay connected.
- Keep an eye out for a community close to stores and locations that you enjoy visiting, such as a favorite shop, park or neighborhood restaurant.
- Consider your budget for moving to a senior living community. You may find it helpful to sit down with a trusted and experienced financial advisor to create budget parameters before visiting communities.

Once you've narrowed down your list of potential communities, the next step is to schedule tours at each one.

QUESTIONS TO ASK DURING COMMUNITY TOURS

Now that you have some tours scheduled, it's time to create a list of questions to ask. Here are some examples to help you get started. Be sure to revisit the reasons you're moving to a senior living community to ensure all your needs will be met.

- What kinds of floor plans do you have available?
- What is the monthly cost and what does it include? Some examples: dining services and the number of meals included, trash pick-up, transportation, activities, other services or amenities.
- What amenities are included in the base rate? What services are not included in the base rate, and how much are they? What dining services are available? Are meals included in the monthly fee? How many?
- What health services are available?
- What are your billing and payment policies?
- Does this community allow you to personalize your space?
- What amenities are available to residents, such as an entertainment space, fitness center or library?
- What kinds of activities do you offer? How does this community celebrate the big moments like birthdays and holidays?
- Do you allow pets?
- What health and safety measures do you have in place to keep residents healthy?
- Are there off-site activities for residents?
- Can I speak with a current resident to hear more about their experience?
- What's offered for scheduled transportation?

Whether you decide to move now or in a few years, following these recommendations will help you have a positive experience throughout this process. Once you find a space at the right community for you, it's time to start packing!

“ This community has friendly staff, who are interested in residents' questions, and a place where I could bring my small dog. The model room was very homey. When I visited for the first time, I felt comfortable. ”

FRANCIE H.
Solstice Senior Living at Grapevine



“ I want to thank Solstice for making me feel included all of the time. I know that the staff cares about me here. ”

JOE C.
Solstice Senior Living at East Amherst