



THERE ARE 4 TYPES of senior living communities:

Continuing Care:

independent apartment living for those 55+ and for whom amenities are more important than daily support.

Assisted Living:

apartment living with extra support services as needed.

Memory Care:

for those suffering from Alzheimer's or another form of dementia who can no longer be cared for safely at home.

Long-term Care:

licensed medical professionals offer 24/7 skilled care for residents with significant medical needs.

PLAN AHEAD:

If transitioning to higher levels of care within the same community is available and is important to you, be sure to tour all of the facilities – not just the one your loved one would be entering first. You cannot assume the amenities and accommodations will be the same.

HOW TO

PREPARE FOR CHOOSING A SENIOR LIVING COMMUNITY

BEFORE YOU BEGIN YOUR SEARCH:

Be sure you know what's important to your loved one.

Spend time discussing this with them and take lots of notes!

- Everyday personal support needed
- Medical care needed
- Meal and food preferences
- Types of social interaction preferred
- Favorite hobbies and activities
- Location preferences
- Pets allowed?
- Visiting accommodations



Whether in person or by phone, it's important to talk to your loved one about what they want.

Have a clear picture of your budget and financial resources.

- Insurance for long-term care
- Family resources, personal savings
- Medicaid or other state funded program?
- For extra expenses, will you plan to pay out of pocket?
- What are your preferences for payment?



PLAN YOUR SEARCH:

Narrow down your list of prospects to save time and energy.

- Review their online presence and reviews.
- Conduct phone interviews (using separate checklist of questions)

Tour the most promising facilities in person.

- Notice sights, sounds, smells — they all matter — providing important clues to the quality of care.
- Make small talk with residents, their visitors, and any staff you may come across. Introduce yourself and your loved one, and ask questions about their life in the community.