

The 5 W's to finding the right senior's living community

When considering moving, or downsizing as we age, it can be hard to know where to start, what to expect and how to proceed. These tips will shed light on what to consider, how to move ahead, and why adjusting to life and current situations should be carefully thought over, talked about, and explored.

WHO (is looking)

senior couple or individual

- you're finding your current home too much work
- you're lonely
- you want more social interaction
- you're looking for activities, but find it is hard to get out and about

adult child or family friend of a senior

- you feel they're struggling on their own
- you see changes concerning their ability to live on their own
- recently lost their spouse and they're all alone
- there's a lack of community involvement
- you notice trouble with meals. ie: food not eaten/going bad, you're cooking their meals

WHAT (type of Independent Living)

CONSIDER: what services are/will be needed vs. what services are available
what activities are needed/wanted vs. what activities are available
if you are a senior - what area do you want to be in?
if you are a child/friend - what area do they want to be in?

WHERE (to move)

CONSIDER: where you/they live currently - how is the location and community environment?
ask yourself where you want to live.
acknowledge where people of support live - ie: kids, friends, other family, church
if you are a child/friend - what are the best communities to consider?

WHEN (to start)

- take note of changes/differences in abilities
- acknowledge when it is time to have discussions about concerns and changes
- when is it time to tour three buildings
- when is it time to visit a community

WHY (move)

- concerns about well-being, independency.
- support physical and mental health
- betterment of body, mind and soul
- opportunities to seize every day

HOW TO FIND THE RIGHT COMMUNITY

- **determine the community**
- **do your preliminary research online**
- **narrow your search down to 3 -5 communities to view**
- **involve your children, parents, family or friends in the process**
- **if you have questions/concerns ensure you write them down and voice them to the communities you are touring**
- **if your parent, family member, or friend has questions/concerns, address them with the touring communities - *this is a great way to learn if the community has what you need***

THE MOVE - *The big M*

MOVING to a new community is a step-by-step process. You want to ensure you feel comfortable and confident with your decision to reduce the likelihood of deep stress and limit concerns and frustrations that can arise when it's time to change residencies.

- **pick the community that you feel most comfortable in**
- **if you have a home to sell and can financially move before or while listing, consider moving to your new community first - if you have equity in your home, you can always chat with your bank for a line of credit. *This can lighten the cost load of moving and selling a home at the same time.***
- **pick the suite you feel at home in. *Consider: view, layout, etc.***
- **plan to do the move over a 3 to 14-day period. *Picking rooms and moving them in slowly allows you to bring the correct number of furnishings and possessions.***
- **doing the slower step-by-step 3 - 14 days makes things easier and the transition process flow, making it less stressful for everyone - *PLUS it's an automatic way to downsize if needed.***
- **allow your family and friends to help pick pieces to bring. This may entail family or friends to come and measure walls and pick placement for your possessions. This can be done before the move-in in most cases.**
- **give yourself time to settle in and get a feel for your new home.**
 - *take the first few days to relax, you've just made a big change and you most certainly deserve a bit of a rest and relax*
 - *have a look at the activities and see what appeals to you. If it looks interesting and fun, when you're ready, give it a try*

