



## **Moving to a Senior Living Community** ***Making Decisions Your Way***

Making informed decisions about your maturing lifestyle is easier now than ever. You have access to information on any subject as near as your computer or tablet. The most important factor in deciding your future living community is to start early. Then, if the need arises, your ducks are in a row to start living your best life as you age.

## Your Journey Begins Here...

*Here, you will find helpful information for approaching the decision-making process.*

**N**avigating your long term living strategy can be stressful and even a little scary. However, unlike previous generations, now is the best time to consider your options. The senior living industry is bigger than ever. Roughly 45 million Americans are over 65, and there are more communities than ever. This means finding a community that promotes your preferred lifestyle is no longer a one-size-fits-all decision.



**T**his is both empowering and nerve-wracking because there are so many options. That's why it's important to start early. There is a lot of information to process and the earlier you start researching the less overwhelming it will be.

# Your First Step...

*Senior living today is about choosing the lifestyle you want. So, the first step is simply taking into consideration the variables that play into giving you the best options for your preferred lifestyle.*

*Below, we have listed some of the questions you may want to ask yourself before you take your first step. This will help you determine what you want your future community to resemble, including services, amenities, and care.*



## LOCATION:

- Do I want to stay close to my family?
- Is there a neighborhood I would like to live in?
- Do I have friends or former co-workers I would like nearby?
- Do I want to stay close to my religious or community center?
- Do I want access to transportation if getting around becomes difficult?

## COMMUNITY CHARACTERISTICS:

- Do I want a lot of opportunities for socialization or do I like time to myself?
- Do I want to stay active?
- Do I want new experiences?
- Do I want to meet new people or stay with my current community?
- Do I want less responsibility to make time for more fun?
- Do I already know anyone living their best life in a living community?



## PERSONALIZATION:

- Can I customize my new living space?
- What do I need to feel at home in a new community?
- How much control will I have over choosing my new home?
- What kind of housing options do I want?

# One Move, One Roof

*Regardless of whatever else you want, we are sure once you go through this process you won't want to do it again. And we don't want you to either. During your research phase, we suggest you look into the benefits of a Continuing Care Retirement Community, sometimes called a Life Plan Community.*

**C**ontinuing Care Retirement Communities (CCRC's) are designed for individuals who want to move into independent living homes while they are healthy and active. As needs change, you will have access to additional levels of service. Though it will be many years before you need it, wouldn't it be comforting to know everything you will need for your future support is right around the corner? Just one move and you can stay under the same roof. Knowing your future care is in place provides a great sense of security.

In a CCRC, you will have access to whatever event or medical services you want under one roof. This way, you can stop worrying about the future and start enjoying the present.



**Here are a few specific questions to ask yourself about your future care:**

## **CARE:**

- How do I feel about my current health?
- Will I unburden my family members if I have a plan in place?
- Will I want health care assistance in the future?
- Would I feel good knowing there is a medical professional nearby 24/7?

# Smooth Your Way with Savvy Financial Planning

**S**itting down and making a financial plan can be intimidating. It's hard to say how much you will need when you think about moving, but there is one thing to keep in mind when you when you start planning.

The number one thing to think about is your health. Though some people over-look this when they are healthy, it will actually cost you more in medical expenses to be healthy. This is due to your increased life expectancy and so you will pay more over time. This is on top of monthly costs like food, clothing, and leisure activities.



## Be Informed & Empowered

**N**ow that you have a good idea of what to consider, you can start working out the details. Based on your desires you can start down the path to making an informed decision. The next step is to research which senior living and care option best accommodate your vision for the future.



**For more information on senior living communities, check out:**  
*What Are My Senior Living Options?*



# An Easier Way to Live...

**T**hinking about a senior living community is just a new opportunity to have as many or as few responsibilities as you want. This is the time to be unburdened by commitments and there is a senior living community ready to fit whatever lifestyle you envision.

Just keep in mind that if you are here, you are on the right track. The most important thing is to learn as much as you can to confidently make an informed decision whenever you are ready.



Visit our website for more information regarding the lifestyle we offer or visit our blog to learn more about living well.

[www.lec.org](http://www.lec.org)



# *Life Enriching* COMMUNITIES

*The Choice in Wellness Lifestyle<sup>SM</sup>*

**Life Enriching Communities** owns and operates  
six senior living communities (CCRCs)...

## **CINCINNATI AREA**

- Twin Towers, College Hill: 513-853-2000
- Twin Lakes, Montgomery: 513-247-1300

## **CLEVELAND AREA**

- Concord Reserve, Westlake: 440-961-3700

## **COLUMBUS AREA**

- Wesley Glen, Columbus: 614-888-7492
- Wesley Ridge, Reynoldsburg: 614-759-0023
- Wesley Woods, New Albany: 614-656-4100
- Wesley Hospice: 614-451-6700

For additional resources you can visit us online at: [www.lec.org](http://www.lec.org)



Life Enriching Communities is affiliated with the West Ohio Conference of the United Methodist Church and welcomes people of all faiths. We do not discriminate and we provide free assistance in your native language, if needed. Find our complete non-discrimination policy at [www.LEC.org](http://www.LEC.org)