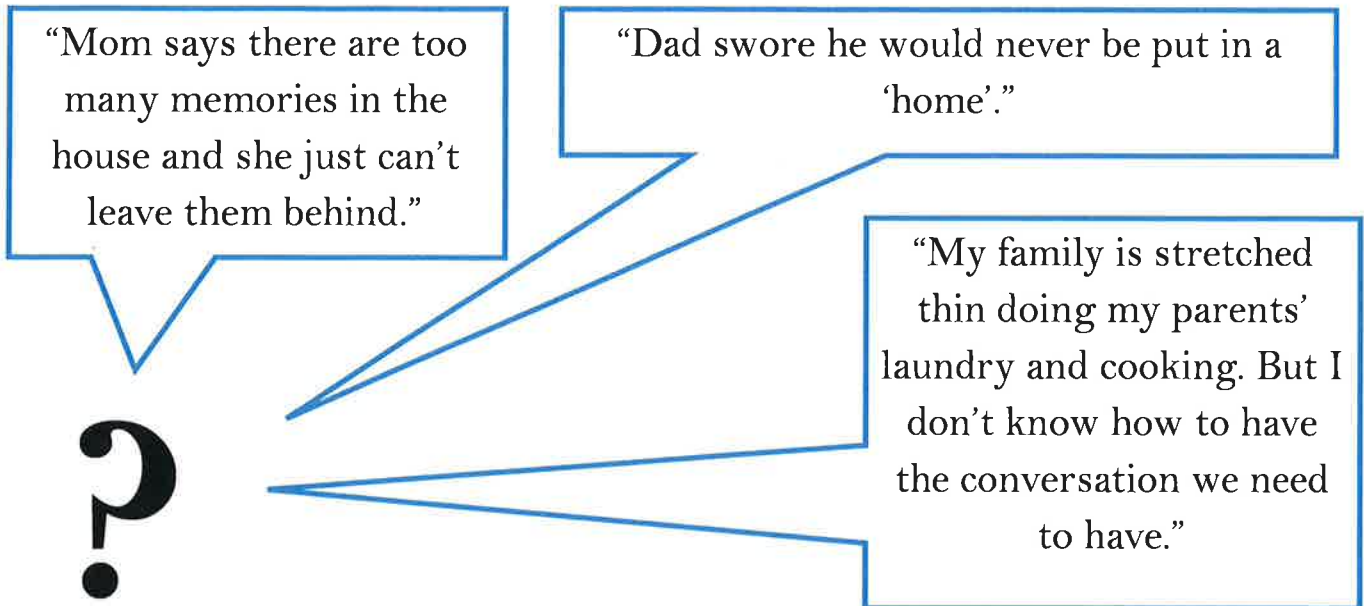


Is it time to consider a senior living community?



While mom and dad may be dragging their feet on making a decision, often times family members are burning out trying to keep up with their own families and complete the day-to-day chores needed in order for mom and dad to stay in their homes.

Use this helpful resource to identify

- ◇ How to start the conversation
- ◇ The questions to ask,
- ◇ How to encourage your loved one that the benefits outweigh the obstacles in this next phase of their lives



Research has shown over and over that the more isolated an aging adult is, the less healthy they are.

“Being part of a caring community—whether it’s family, friends, or an organization—is known to extend life and reduce stress.” Henry S. Lodge, MD

Start with these questions...

On a daily basis, does your family member...

- ◇ Engage in physical exercise? Yes No
- ◇ Socialize and connect with others? Yes No
- ◇ Eat fresh, nutritious meals? Yes No
- ◇ Set goals and enjoy a sense of purpose? Yes No
- ◇ Remember to complete daily tasks such as bathing and taking medication? Yes No

If the answer to any of these questions is no, it may be time to consider having a conversation with your loved one about Senior Care options.

While seniors today have a natural inclination to stay in their homes and bring in home health care, the reality is that they still continue to spend most of their time alone and the cost of home health care is often times more than what it would cost to live in a Senior Care facility.



Monthly Expense Breakdown

Mortgage or Rent Payment	\$ _____	\$ _____
Caregiving	\$ _____	\$ _____
Home or Renter's Insurance	\$ _____	\$ _____
Utilities (electricity, gas, water, sewer, trash removal)	\$ _____	Included
Property Tax and Insurance	\$ _____	Included
Lawn Care and Landscaping Maintenance	\$ _____	Included
Housekeeping	\$ _____	Included
Maintenance and Home Repairs	\$ _____	Included
24-Hour Security	\$ _____	Included
Laundry Service and/or Washer Dryer Maintenance	\$ _____	Included
Transportation (Insurance, Gas, Registration, Repairs)	\$ _____	Included*
Dining, Meals, Groceries	\$ _____	Included
Social, Cultural, and Recreational Activities	\$ _____	Included
Exercise and Wellness	\$ _____	Included
24-Hour Emergency Alert System	\$ _____	Included
Full-Time Activities Staff	\$ _____	Included
TOTAL MONTHLY EXPENSES	\$ _____	\$ _____

*Check with The Legacy of St. Anthony for more information regarding our transportation schedule, opportunities, and weekly activities



One thing we hear over and over is the sentiment from our residents once they have moved in that they wish they would have made the move sooner. Here is another way to think about the fulfillment in your loved one's life:

	At Home...	Senior Living...
Independence	Family dependence to achieve goals and complete routine daily activities increases as personal independence decreases	Full-time, around the clock care from a well-trained nursing staff leads to more independence
Social Interaction	Isolation from family and friends increases as ease to socialize becomes more difficult	Neighbors and friends living in the same building leads to ease of interaction, shared meals, and activities
Dining & Meals	Difficulty in preparing own meals can lead to weight loss and a decrease in nutrition, grocery shopping becomes more difficult as well	Freshly prepared meals 3x a day and bistro open from 8 a.m.-6 p.m. where loved ones can stop in whenever they are hungry, shared meals increases social activity
Transportation	Relying on family and friends to get to appointments, run errands, etc. leads to feeling more isolated	Both an errand run bus and an appointment bus available every week at no extra cost increases independence
Assistance and Help	Lawn care, snow removal, keeping up with the flower beds can cause anxiety and depression which leads to more isolation	Year-round lawn care, flower bed maintenance and updating leads to a beautiful green area accessible to your loved one with no work involved
Housekeeping & Chores	Decreased mobility and energy can lead to not being able to keep up with the day-to-day chores associated with living in a house. Family often times steps in to help, which leads to caregiver burn-out and stress on the caregiver's family	Professional staff manage maintenance requests, laundry, and household cleaning, taking the stress off of family and allowing time for family visits to be about loved ones and not about chores and to-do lists
Physical Activity	Limited mobility may mean limited access to fitness routines and preventative health measures	Our in-building wellness center not only offers state-of-the-art work-out equipment, but also Physical Therapy and Occupational Therapy needs
Spiritual Fulfilment	Difficulty in getting to church and/worship related gatherings may lead to a sense of not being fulfilled	Our Dedicated Chapel offers not only church services, but Mass, grief groups, bible studies, and other non-denominational gatherings weekly





As you can see, there is a lot involved in the process of finding the best solutions for your loved one. Knowing how to approach the subject and which words to use or avoid will increase your likelihood of coming to a solution together.

Remember, this is a time in your loved one's life that is likely marked by many losses which cannot be controlled. Your goal is to balance their needs with their desires and move forward together.

When thinking about approaching this conversation, consider:

DO...	DON'T...
Research and tour ahead of time. Be able to enter the conversation with some helpful knowledge for when your loved one has questions	Bring it up to your loved one without first finding out how they are feeling or where they may be in their process
Ask questions such as "I see the stairs are getting difficult for you and you almost fell this morning. Is that happening a lot?"	Declare what you are seeing such as "You cannot climb the stairs anymore—you are not safe to live here anymore."
Show that you can be a resource by remaining open-minded and listening to what your loved one says while offering several options with a focus on problem-solving	Do all of the talking with the intent of convincing your loved one that you already have it figured out
Validate what you are hearing from your loved one by saying "I hear what you are saying...but it's also worth thinking about..."	Wait to talk. It is important that you are in the moment with your loved one and hearing not only what they are saying, but observing how they are feeling
Leave the conversation open-ended. It leads to your loved one opening up the conversation again on their own terms	List your plan to take them to your 3 top Assisted Living properties that you have already toured.

Remember, this can be a long process with lots of conversations and critical thinking on both parts. It is better to start early and have a plan rather than to have to find an appropriate living situation for your loved one out of necessity and urgency.





For more information on Assisted Living options in your area, or to set up a tour and lunch, please contact The Legacy of St. Anthony at:

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