



Assisted Living, Simplified

By Genevieve Blaber

While life has its changes, the transition from an independent lifestyle to [Assisted Living](#) does not always come naturally. It's a choice that can only be made with the proper support, advice, and information. Before you and your family make the final move read over these eight essential tips....



1. Visit assisted living communities.

The best way to judge whether senior housing is the right choice, is with a first-hand look. Find different facilities in your area and arrange visits to get a feel for their atmospheres and accommodations.



2. Ease in with temporary living.

Some assisted living facilities allow residents to move in on a temporary basis-a great opportunity for seniors who are unsure of whether the change is right for them. You or your loved one will receive all of the benefits of a regular residency with the ability to return home at the end of your stay.

3. Build a social circle.

A great aspect of an assisted living community is the level of interaction it promotes amongst residents. Seniors are able to visit each other's apartments, attend facility-organized events such as dances, and even create their own hobby clubs and groups. Try to visit one or more of these events while touring so that you or your loved one can meet residents who share similar interests.

4. Research amenities.

The services provided by assisted living can vary from residence to residence. Take stock of your or your loved one's needs and find the community that best





fulfills them. While some seniors may only need help with laundry and cooking others may require additional help in the form of transportation, housekeeping, and assistance with administering medication.

5. Listen to others.

Ask senior housing residents their opinions and what you should expect from assisted living communities. Some may have lived in multiple facilities and will be able to give you perspective for making your decision.



6. Handling property.

Before you begin packing, make time for sorting through personal effects. While most items will likely stay with you, your loved one, or your family, don't be in a rush to throw away the rest. It may be worth hiring an appraiser to go over the items before you end up selling a priceless vase at a five-dollar yard sale.



7. Stay close.

Hopefully, you will be able to find an assisted living community in your area. Whether or not you do, make an effort to visit your loved one or loved ones. If you are the one moving into senior housing, visiting home will help maintain your sense of independence. If your family member is making the move, visits will help create a sense of home in a new place..

8. Check in.

Though assisted living communities are often home to trained medical staff and round-the-clock support, it's imperative that you stay aware of your senior's living environment and habits. Call often and be open to cues that your loved one needs a great level of care or assistance.

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