LUTHERAN HOME

INSPIRING THE BEST SINCE 1892.

Planning Your Life

A reference for active, older adults

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AM I READY?

At this stage you are investigating your options and may not be ready to leave your home. Thinking about moving out of your home that has been a part of you and your identity for 30 to 50 plus years is overwhelming. We understand the emotions that go into making a decision to move from a familiar place to a community setting.

Take a moment to look realistically at your current situation and consider what would move you from "not ready" to "ready".

YES	NO	
☐	☐	Has it become a struggle to do yard and house work?
☐	☐	Is your home no longer as neat and clean as it once was?
☐	☐	Would regularly scheduled cleaning and maintenance be helpful?
☐	☐	Do you find yourself struggling to make home repairs?
☐	☐	Is driving becoming more difficult?
☐	☐	Are you hesitant to drive at night?
☐	☐	Would the availability of personal transportation make things easier?
☐	☐	Has preparing three meals a day become too much to handle?
☐	☐	Is it difficult to eat well-balanced and nutritious meals three times a day?
☐	☐	Would you enjoy the opportunity to choose from an array of nutritious and appetizing meals, prepared for you?
☐	☐	Do you often feel bored or anxious?
☐	☐	Do you often feel lonely?
☐	☐	Would you feel happier if you had more friends with whom you share common interests?

If you answered "yes" to four or more of these questions, you may be closer to "ready" than you realized. Fear holds many people back from making a move. You need to give yourself persmission to make a move.

DISCOVER THE VALUE

You may be surprised by the cost of living in a retirement community. But have you considered the possible costs and effort of maintaining your home? Home ownership can be expensive. The key question is this – is your attachment and desire to remain in your home outweigh the effort and cost of maintaining it? Or does a better quality of life offered in a community worth the extra cost. Consider the value.

CURRENT MONTHLY EXPENSES	CURRENT HOME	SENIOR LIVING
HOUSING		
Mortgage or Rental Payment	$	*Included*
Property Tax	$	*Included*
Property Insurance	$	*Included*
UTILITIES/SERVICES		
Gas	$	*Included*
Electric	$	*Included*
Sewer and Water	$	*Included*
Trash Removal	$	*Included*
Satellite Television	$	*Included*
Internet	$	*Included*
Lawn Care/Landscaping *Supplies, equipment, repair, mowing, shrub/tree care, hired help, etc.*	$	*Included*
Snow Removal *Hired snow plow/shoveling services, snow blower maintenance, etc.*	$	*Included*
MISCELLANEOUS REPAIRS AND UPKEEP		
Appliances - Services/Replacement *Stove/oven, refrigerator, microwave, dishwasher, washer/dryer, etc.*	$	*Included*
Building Repairs/Replacement *Furnace, roof, hot water heater, driveway, windows, doors, mailbox, etc.*	$	*Included*
Additional Home Upkeep Costs *Painting, carpeting, linoleum, counter tops, etc.*	$	*Included*
LIVING EXPENSES		
Housekeeping	$	*Included*
Linen Service	$	*Included*
Transportation	$	*Included*
Meals	$	*Included*
Emergency Response System	$	*Included*
Entertainment	$	*Included*
Wellness and Social Activities	$	*Included*
TOTAL	$	

WAITING TOO LONG

Over and over again, we see people waiting too long to move into Assisted Living or Nursing Care. When they finally decide to move-in, they may be less able to fully enjoy what the community has to offer.

The time to move is when you are still active and on the go, not when a health condition arises. Why not move when you can make that decision on your own and while you still feel good and can enjoy life without the hassles and worries of home maintenance? And if you have a change in health, you know there is already a plan in place if or when you need assistance.

	SENIOR LIVING	WITHOUT SENIOR LIVING
SOCIAL INTERACTION	*Offers daily activities to encourage social interaction with people who share similar interests.*	*People who live alone or with busy family members may feel isolated.*
TRANSPORTATION	*Arranges transportation for social activities, errands, and doctors appointments.*	*Arranging transportation to necessary appointments may be challenging.*
NUTRITION	*Employs a full culinary staff to ensure delicious, restaurant-style meals with a variety of options.*	*Rely on easily prepared meals rather than healthier alternatives.*
HOUSEKEEPING	*Offers housekeeping services, including linen and laundry services as requested.*	*Maintaining a home may become a greater burden.*
EMERGENCY ASSISTANCE	*Usually provides 24-hour assistance with an emergency call system located in each apartment.*	*Immediate help is often not available to people who live alone.*
EXERCISE	*Offers exercise programs that maximize mobility, strength, and overall health.*	*May not have access to adequate exercise equipment and programs.*

TELLING YOUR FAMILY AND FRIENDS

Reactions may be mixed from your children and friends. You may hear the following comments.

- "You don't need that!"
- "Why would you want to live with a bunch of old people?"
- "Won't you lose your privacy?"
- "Do you really want to eat the food there every day?"
- "Well, it might be a good idea for you. We'll give it some thought in a few years."

Some children have difficulty thinking of their parents as getting older. Other children may see struggles with the daily chores of life required to live in their home independently or health conditions that have suddenly developed.

Involve your children in the process, so they have a full understanding of what a significant gift you are giving them by making this decision now and not leaving it up to them at a time when a crisis has occured.

QUESTIONS TO ASK WHEN RESEARCHING A COMMUNITY

Finding a community

- Schedule an appointment and don't rush the appointment
- Don't be shy, ask plenty of questions
- Speak with other residents/family members
- Write down pros/cons

First Impressions

- Were you greeted immediately upon arrival?
- Was the community clean, comfortable, welcoming, and maintained?
- Were residents socializing, gathering, participating?
- Is the community manageable in size?
- Did the community smell pleasing?

Amenities and Services

- Is there an on-site Beauty/Barber Shop?
- Is there an on-site store for necessities?
- Is transportation complimentary or is there a fee?
- Is Housekeeping provided? How often and what is included?
- Are common areas comfortable for socializing?
- What other conveniences are available?
  (Pharmacy, Dry Cleaning, Postage, Notary, Photocopies, Fax, Valet services)

Life Enrichment

- What variety of activities are planned for residents? Ask for a copy to review.
- Are religious services offered on-site or transportation provided to area churches?
- What fitness opportunities are offered?
- Is there a Resident Association that meets regularly?

Culinary Services or Dining Services

- How many meals are included each month and do you have a choice when to use them?
- Are meals served restaurant-style?
- Are there assigned seats in the Dining Room?
- Are meals prepared fresh each day?
- Are there menu options for each meal? How often does the menu rotate?
- What is the policy on alcohol?

Safety and Security

- How are the weather alerts provided? Are there procedures for inclement weather or fire?
- Are smoke detectors, carbon monoxide, and sprinkler systems in each apartment?
- What type of security is in place at night? Are exterior doors locked? If so, at what time?
- What response is provided in an emergency situation and what staff member responds?

Staffing

- Are the staff members friendly and helpful?
- Were you introduced to any members of the management team when you visited?
- Does the community and/or its parent company have a mission statement?
- Does the community do background checks on their new hires?

Friends and Neighbors

- Do residents interact with one another in a friendly manner?
- Does the community promote a vibrant and fulfilling lifestyle?
- Is the location convenient for your family and friends to visit?
- What do current residents or their family members say about their experience living at the community?
- What is the reputation of the community?

Future Options for Care

- What other levels of care are available in the community, if your health should change?
- What are your options if I should need assistance?

Contracts

- What are the different costs for each level of care?
- Ask for a copy of the contract to review.
- What if you would need to terminate my contract, can you do that?
- What are the policies regarding refunds?
- How often are fees increased?

For more information, go to **whereyoulivematters.org** for helpful videos, downloads, and editorials.

[MOVING A LIFETIME]

Take the Stress Out of Your Move

If you've lived in the same home for 20, 30, or more years, you might be thinking: "Where do I begin?" Downsizing and right-sizing your belongings may seem like a difficult and challenging task, but MySolutions moving specialists know exactly what to do and how to help. Sometimes, the best way to be in control of your move is to ask for help.

We Help Pack, Unpack, and Set Up

When you choose a professional move manager like MySolutions, things like **packing, unpacking,** and **setting up a new home** can be "offloaded" to the professionals. With industry know-how, paired with a caring and compassionate staff of seasoned professionals, we enable a successful and satisfying relocation experience every time.

Ask a Lutheran Home Marketing Services Counselor about our services!

MySolutions

SMART AGING. SMART OPTIONS.

MySolutions is a long-standing member of LeadingAge and State affiliates, and is a Founding Member of the National Association of Senior Move Managers. We are also members of the Home Care Association of America, The National Aging in Place Council, and the National Association of Home Builders (CAPS) and are Certified Relocation Transition Specialists (CRTS).

THE JOURNEY

You won't make the decision to move to a senior living community overnight. It is a process that can take months, sometimes a few years. No matter what step of the journey you are on, you are heading in the right direction with making a plan for your life! Keep engaging and learning with your Marketing Services Counselor until you are satisfied with the answers to all of your questions and are ready to make the commitment with a waiting list deposit or a move to a community!

Don't wait too long to move in or wait for a health condition to force the decision to move – do it while you are able to handle the major life change physically, emotionally, and mentally. Do it while you can enjoy the company of new neighbors and friends and all of the programs and activities available to you.

There is a whole new life waiting for you and people waiting to welcome you! Do it sooner, rather than later.

Don't wait until you are "ready"….work on getting to "ready"!

ready

WHAT TO EXPECT WHEN YOU SAY "READY"

1. **Expect paperwork.** Many communities require financial documents, emergency medical forms, authorization forms, proof of renter's insurance, Power of Attorney, and insurance cards.
2. **Expect to place a deposit.** Depending on the type of the community, a security deposit or a percentage of an Entry Fee may be required to reserve an apartment and eliminate the community's ability to offer it to someone else.
3. **Move-in Date.** Some communities will require the move be completed within a certain time frame or for you to begin paying the monthly service fee to retain the apartment.
4. **Utilities.** Find out if you are responsible for establishing service for certain utilities at your community, such as Cable and Phone.
5. **Closing Appointment.** Expect to meet with the Marketing Services Counselor to sign the contract, provide a final payment, if required, obtain keys, and receive an orientation to the community close to your move-in date.
6. **Move In Day.** This will be an overwhelming day for you. Expect to take about 60-90 days to acclimate to your new community. Keep in mind, every resident has been through this transition and they, along with staff, can help you navigate through this process. In no time, you will be among the others who declare moving to a community was one of the best decision you ever made!

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Lutheran Home is a Lutheran Life Community, empowering vibrant, grace-filled living across all generations.

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