

Navigating Senior Living

Your Guide To Planning A Wonderful Tomorrow



BROOKDALE
— SENIOR LIVING SOLUTIONS —

Through a special partnership with Brookdale, the industry leader in Senior Living Solutions, the Dignity Memorial® network is proud to offer its client families access to a complete range of senior living communities with unparalleled services. Planning now for your later years in life is a gift that can bring you and your loved ones true peace of mind.

Read on and discover all Brookdale has to offer. Then, visit a community in your area and see the remarkable amenities, superior services and first-class care Brookdale residents enjoy.

Call a Brookdale Care Expert at 888-305-5647 to schedule your visit today.

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About Brookdale Senior Living

Brookdale Senior Living is the leader in the industry. We provide a more complete range of senior living communities, based on lifestyle and care needs, than any other provider in the United States. At Brookdale, we listen to our residents' goals and match them with the right community and care level to meet their individual needs. We offer the most choices in independent living, assisted living, dementia care and continuing care retirement centers that include skilled nursing and rehabilitation. We operate 1,150 communities in 46 states, so there is a good chance we are in your neighborhood. Should you require care in your home, we even offer outpatient therapy, personalized living, home healthcare and hospice.

Have additional questions about senior living? Or would you like to set up a tour of one of our communities?

Contact a Brookdale Care Expert today at 888-305-5647 to visit a community near you!

Top 10 questions to ask when choosing Senior Living

Whether you're looking for in-home care or a move into an independent living, assisted living or an Alzheimer's or dementia care community, it's important that you or your family member finds one with a caring, kind and trusting staff, and an environment that fits their needs. You want a community that feels like home and one where the staff will care for your loved one as if they were family. That's why we recommend every senior visit as many communities as possible to find the perfect fit.

1. Does the staff make you feel comfortable and at home?

The staff and residents at any senior living community can make a big impact on your experience. Take the time to speak with the staff and get to know them. If they don't offer, ask if you can speak with some of the residents to learn more about their experiences. Look to see if there is a fit for you at the community.

2. Is the community in one of your desired locations?

Brookdale is the largest provider of senior living in the United States with options for current and future care needs located in almost every area of the country. So if you're looking to stay close to your family or in a community near your current home, look to us. Whatever your preference, one of the first considerations for moving at any stage of life is location. Make sure your community is in a geographic location that works for you.

3. With so many choices for senior living, how do I know which one is right?

Now more than ever, you need someone you can trust to provide you with the information that will meet your individual goals. Someone who really understands how senior living works and who will work with you on a specific plan. You need a true senior care expert who has the experience of working with seniors to provide the right guidance.

4. Will I fit in?

Whether you choose a community with 30 or 300 residents, it is important to join a community with program and activity options that interest you.

5. Are the services you desire available?

One key reason many choose senior living is the inclusive nature of the communities themselves. In other words, residents won't have to go far for the things they desire. In addition to great care, many of our communities offer services beyond the basics such as, a library, an arts and crafts room, or beauty and barber shops. Be sure to ask for a full list of services and amenities.

6. What types of meal plan options are available?

Good nutrition is important to healthy senior living. And the type of senior living option you choose may influence the meal plan. Be sure to know your options. If you have dietary restrictions, can they be accommodated? During your visit, you will likely be asked to stay for lunch. Test out the dining room and ask for a few sample menus.

7. Is the floor plan you desire available?

On your community visit, you'll likely see a few floor plan options. Keep in mind that the entire community will be yours to use. Perhaps you are looking to downsize and want a smaller apartment. Or maybe you are concerned about having a space for potential guests and entertaining. Be sure to select a floor plan that suits your needs.

8. Can the apartments be decorated to your tastes? Are there any restrictions?

The transition to senior living is often made easier by making an apartment feel as much like home as possible, which means having the ability to personalize it to your tastes with your own decorations.

9. What events and attractions are nearby?

While many communities offer a range of on-site activities for their residents, it's also important to know what else is nearby. Does the surrounding area have events or attractions that would be of interest to you? If you enjoy shopping, are there malls or plazas nearby? Are you close to your desired place of worship? While it's very important to feel comfortable in a senior living community, you should also feel comfortable in the area surrounding it.

10. What are your transportation options?

If you want to go somewhere outside the community, what are your options? Many communities offer scheduled transportation for their residents. Many surrounding towns also have public transportation routes nearby.



It starts with a conversation.

The decision to seek help for a loved one is always emotional. Whether it's in-home healthcare or care at a senior living community, the idea of moving from your home can create a number of feelings, both positive and negative. But it helps to talk about it. Especially when you're reminded that leaving home isn't always abandoning independence. In fact, most seniors recognize the benefits that a senior living community can bring to their lives. Either way, these feelings are natural, and they're often a sign that it's time to, at least, start the conversation about senior living.

As you read through this guide, we ask you to keep in mind that the goal of Brookdale is to help seniors maintain their independence, while also helping them to discover a new purpose in this stage of their life. But no matter which option your family member chooses, there will always be a wide range of services available, all within a safe and comfortable environment.

We hope this guide will answer your questions and give you a better understanding of senior living, including evaluating the need to move, financial considerations, as well as advice for choosing the right community.



Choosing Between In-Home Healthcare and a Senior Living Community

Ask yourself or a loved one a few simple questions.

Do you have trouble keeping up with your home? Is living alone still the safest option? What support and care are available to you and how often? Are there concerns about memory issues or Alzheimer's? Sometimes these answers are obvious, but even then, it's still not easy to make the decision to move. So part of reaching a conclusive decision about whether a senior living community is the right fit simply comes from a better understanding of the various options available. Every senior living option is designed with the individual and their needs in mind. Which type of community is right for you or your loved one? Let's review the options.



In-Home Healthcare

In-home healthcare gives people the opportunity to remain in their own homes longer and maintain their complete independence. These types of services are wide-ranging, but they usually include such things as assistance with bathing, dressing, simple wound care, medication monitoring and chronic disease education.

Home healthcare is sometimes necessary after one has been discharged from the hospital or is recovering from illness. Additionally, a patient may need home healthcare if they are experiencing a decline in some of their abilities, which makes being in their home unsafe or difficult. Private-duty home care recognizes the individual needs of all those we serve by accommodating each person's preferences and requirements.



Independent Living

Independent living can be an ideal solution for seniors. It allows them to stay active by developing new or established hobbies and socializing with others. Also, there is no worry about the upkeep of a home or a yard – making it the perfect alternative to downsizing or standard apartment living.

Independent Living Is Ideal for Seniors Who:

- Require little or no assistance with daily living
- Desire a low-maintenance home with little or no yardwork
- Enjoy a chance to socialize through community activities and meals



Assisted Living

As we age, we often find ourselves seeking help from others for things we used to do easily for ourselves. But that doesn't mean we've lost all independence. Sometimes seniors just need a little assistance to ensure life is as enjoyable as possible. And as safe as possible.

Assisted living not only allows seniors to live more comfortably, but it provides a safer alternative to living alone. Many seniors choose assisted living because they struggle with daily activities and chores, such as housekeeping, cooking and laundry, as well as help with more personal needs, such as managing medications, bathing, dressing, eating and walking.

Much like independent living, these services are all provided in a homelike, apartment setting. Residents are able to participate in recreational and social activities, as well as community dining.

Assisted Living Is Ideal for Seniors Who:

- Require some assistance with daily activities
- Enjoy a low-maintenance living situation
- Desire the chance to socialize and stay active with other residents



Alzheimer's and Dementia Care

Alzheimer's and dementia can cause a great deal of stress and concern for families. But an Alzheimer's and dementia care community can provide a safe and supportive environment. It allows seniors to engage in activities and skills that are good for the mind, while also providing purpose. Many Alzheimer's and dementia care communities feature private apartments, as well as a trained staff available 24 hours a day to ensure the safest possible environment.

Ideal for Seniors Who:

- Have been diagnosed with Alzheimer's or dementia
- Seek a community that specializes in providing Alzheimer's and dementia care
- Desire a safe environment designed with memory issues in mind

The Clare Bridge Program for Alzheimer's Care and Dementia Care

At Brookdale, we are proud to offer the Clare Bridge Program for Alzheimer's and dementia care. Through the Clare Bridge Program, each senior is given a personalized plan. Through the program, a senior's daily routine is filled with activities, such as brain-stimulating games, group exercise and life skills, all centered on individual interests. We also place a special focus on dining and nutrition.

Financial Considerations

Once you or your loved one has made the decision to move to a senior living community, the next question is usually: Can we afford this? Here are some great options for covering the costs:

Veterans Aid & Attendance Program. Offered through the Department of Veterans Affairs, a veteran and their surviving spouse may be eligible for a pension ranging from \$1,000 to \$2,000 per month through the Veterans Aid & Attendance Program. Visit the Department of Veterans Affairs for more information on aid.

Elderlife Financial Services. There are a number of financing and loan solutions for senior living offered through Elderlife Financial Services, some of which are designed to get you approved in less than 24 hours. Visit Elderlife Financial for more information, as well as eligibility requirements.

Life Care Funding Group. This service allows you to convert an existing life insurance policy into funds that can be used to directly pay for senior living, particularly those opting for assisted living or memory care communities. Visit Life Care Funding Group to learn more.

Shared Suites. Some seniors would rather share a suite than live alone. This budget-friendly option allows seniors to gain companionship, while also helping them to share living costs with someone else.