



ANTHOLOGY

SENIOR LIVING

A Guide to Choosing the Right Senior Living Community for You

More Senior Living Options Than Ever Before

Americans today live longer than ever. According to the U.S. Census Bureau, when the last of the baby boomers reach the age of 65 in 2029, they'll represent more than 20% of the total U.S. population—or nearly 60 million people. And, according to the U.S. Department of Health and Human Services, about two-thirds of that senior population will require some form of long-term care, creating an unprecedented demand for high-quality senior living and health-care options.

As a result, seniors today can choose from a wide variety of lifestyle and care options. To help you or your loved one make this important decision, we've created a checklist to guide you as you consider variables such as the community's location, social environment and physical features, types of care models and health services offered, available lifestyle amenities and personal residences, staff training requirements, and your personal budget.

Please check out our website www.AnthologySeniorLiving.com for additional resources, including but not limited to:

- ☐ Making a Positive Change: How to Have a Conversation about Moving to a Senior Living Community
- ☐ Planning for a Move: Financial Comparison and Affordability Workbook
- ☐ Making the Move to Senior Living: A Guide to Change



Visiting a Senior Living Community

The following checklists may be used as a resource to help guide you during your visits to senior living communities. Consider each point carefully and take notes as needed during your visit. Ask loved ones to do the same. Afterward, review your thoughts together and be sure to follow up with communities if you have any additional questions or concerns.

SOCIAL ENVIRONMENT

- ☐ Do you receive a warm greeting from staff welcoming you to the community?
- ☐ Does the staff call residents by name and interact with them as you tour the community?
- ☐ Do residents socialize with each other and appear happy and comfortable?
- ☐ Are you able to talk with residents about how they like the community and staff?
- ☐ Do the staff members treat each other in a professional manner?
- ☐ Are the staff members that you pass during your tour friendly to you?
- ☐ Who are the team members that are part of the leadership team?

Notes: _____



PHYSICAL FEATURES

- ☐ As you arrive at the community, do you like its location and outward appearance?
- ☐ As you tour the community, is the décor attractive and homelike?
- ☐ Is the community well designed for your preferences and needs?
- ☐ Is the floor plan easy to navigate?
- ☐ Are doorways, hallways and rooms accommodating to mobility devices?
- ☐ Are elevators available for those unable to use stairways?
- ☐ Are handrails available to aid in walking?
- ☐ Does the community have good natural and artificial lighting?
- ☐ Is the community clean, free of odors and an appropriate temperature?
- ☐ Does the community have fire-sprinkler systems, smoke detectors and clearly marked exits?

Notes: _____

LIFESTYLE AMENITIES

- ☐ What indoor and outdoor amenities and recreational activities are available at the community?
- ☐ Does the community provide housekeeping services?
- ☐ Does the community have its own transportation service or manage requests for transportation?
- ☐ Are salon services offered at the community?
- ☐ Is there a fitness and/or wellness center at the community?
- ☐ Does the community have its own pets? Are residents' pets allowed at the community? Who is responsible for their care?
- ☐ Are there opportunities for organized activities such as volunteer work and lifelong learning at the community and outside of the community?

Notes: _____



CARE MODELS AND HEALTH SERVICES

- ☐ Is the community licensed to provide assisted living or skilled nursing?
- ☐ What levels of care does the community offer?
- ☐ Is a residency agreement available for review before move-in?
- ☐ Does the community have a process for routinely assessing a resident's need for care and services, and are those needs addressed periodically?
- ☐ Who does this process include?
- ☐ Are additional care services, such as physical therapy or hospice, available?
- ☐ Does the community offer specialized care for residents with memory challenges?
- ☐ Is there a medical center or medical staff available for resident visits at the community?
- ☐ Does the community have a clearly stated procedure for responding to a resident's medical emergency?
- ☐ What are the community's policies regarding storage and administration of medication?

Notes: _____

DINING SERVICES

- ☐ Do dining menus vary from day to day and meal to meal?
- ☐ How many dining locations are available at the community, and when are they open?
- ☐ May a resident request special food, and can the community accommodate special dietary needs?
- ☐ May residents "take out" meals and eat in their apartment or room?
- ☐ Are there set times during the day for meals or can residents request a meal at any time?

Notes: _____



INDIVIDUAL APARTMENTS OR ROOMS

- ☐ Are different sizes and types of apartments or rooms available?
- ☐ Is an emergency response system accessible from the apartment or room?
- ☐ Are bathrooms designed to accommodate mobility devices?
- ☐ Do residents bring their own furnishings?
- ☐ Are utilities such as telephone, cable and internet service available in each apartment or room?
- ☐ What is the payment or billing model?
- ☐ Is smoking allowed in resident rooms or in a designated smoking area?
- ☐ Can guests visit and stay overnight? Is there any related cost?
- ☐ What are the move-in and move-out policies?
- ☐ What about refunds and transfers?

Notes: _____

BILLING AND FINANCING

- ☐ How is the pricing model structured for each level of care?
- ☐ How do residents pay for ancillary services?
- ☐ Do billing, payment and credit policies seem fair and reasonable?
- ☐ Does the community accept long-term care insurance?
- ☐ Does the community accept Medicaid?

Notes: _____



STAFFING AND TRAINING

- ☐ Is your community's executive director a Certified Director of Assisted Living (CDAL)?
- ☐ Does the community require special training for staff?
- ☐ Does the community conduct criminal background checks on employees?
- ☐ Does the community train staff on elder abuse and neglect?
- ☐ Is there a policy for reporting suspected incidents?
- ☐ Is staff available 24/7 for assistance with daily living activities if needed?
- ☐ Are there 24-hour nurses available?

Notes: _____

ADDITIONAL QUESTIONS

- ☐ Is the community required to have a state license to operate?
- ☐ Is the resident bill of rights posted or available for review?
- ☐ Is there a suggestion and complaints process for residents?
- ☐ What are the most common reasons why a resident may be asked to move out of the community?

Notes: _____

ABOUT ANTHOLOGY SENIOR LIVING

In all we do, we exist to make a remarkable impact on the lives we touch. We've made it our mission to provide a unique senior living experience that provides our residents with the best in hospitality and care, so they can live their story in a beautiful, meaningful way. From our directors and care managers to our housekeeping and kitchen teams, we think of every team member as a caregiver, part of a dedicated family that's committed to making a difference in the lives of others.

