

# LOOKING FOR SENIOR LIVING OPTIONS?

*A guide for finding the right community*



Live Life to its Fullest.

THE  
CROSSINGS  
AT IRONBRIDGE  
AN AGEWELL LIVING COMMUNITY

*The decision to move to a community can be a big one. For many — especially those who value a secure setting that provides opportunities for socialization and promotes a healthy, active lifestyle — the answer is a senior living community with a variety of lifestyle choices. To make the best decision to serve your needs, it's important to understand the options available to you.*

Throughout this guide, we'll provide information on the different types of senior living options, benefits of a senior living community, share tips on finding the community best suited for you, address popular misconceptions and advise you on the most probing questions to ask during your search.

Our goal is simple:

*We want you to choose confidently and*  
***live happily.***

# Understanding your options.

*Senior living options differ greatly and offer various levels of care.*

## Continuing Care Retirement Communities

*Continuing care retirement communities or CCRCs offer a full range of residential and health services within the same community. As residents' health needs change, they can access additional levels of care to suit them. CCRCs can be more expensive up front than other senior living options.*

## Independent Living Communities

*Independent living communities are often condominiums or apartment buildings that offer security and accessible care by providing a nurse call system to request assistance if needed. They also provide home maintenance and housekeeping, engaging activities, diverse food venues and a variety of other amenities.*

## Assisted Living Communities

*Assisted living communities offer many of the services and amenities of independent living with the additional benefit of care provided by licensed nurses and caregivers, based on how much assistance with the activities of daily living is needed. Care includes making sure residents take daily medications, supporting residents who experience memory loss and assisting with housekeeping, dressing and hygiene.*

## Memory Care Communities

*Many communities also offer a secure and safe neighborhood designed specifically for those suffering from the effects of Alzheimer's and other forms of dementia. These communities provide a secure environment with programs to assist residents in being as social and active as possible with specialized programming and therapies.*

# Visiting a community

*Once you've identified the communities available in your area with the services you seek, it is important to go visit, explore and see for yourself what the community is like. It is also important to know what to look for and the right questions to ask.*



*The checklists on the following pages will provide you with important considerations to explore and questions to ask as you begin your research process. You'll be better prepared to make the right decision.*



# Community Overview & Observations

*As you explore the community, think through the following questions and take notes on your observations.*

Consideration	Notes
<p><i>1. Does the community have outdoor areas for residents to enjoy?</i></p>	
<p><i>2. Are the community team members knowledgeable and supportive?</i></p>	
<p><i>3. Is the community designed to accommodate the needs of the residents?</i></p>	
<p><i>4. Who manages the community and what is their experience with senior living?</i></p>	
<p><i>5. Does the community offer flexible dining options to include all day dining and various venues? (restaurant, private dining room, bistro, bar, etc.)</i></p>	
<p><i>6. Does the community have on-site salon services (i.e. barber, hairstylist, manicurist, etc.)</i></p>	

# Medical, Health & Wellness Support

*Having confidence in the medical, health and wellness capabilities of a community is one of the key factors to consider when looking for senior living. Ask the following questions as you compare your options.*

<i>Consideration</i>	<i>Notes</i>
<i>1. How are medical concerns handled?</i>	
<i>2. Are rehabilitation services available on-site?</i>	
<i>3. What programs are in place to support overall wellness?</i>	
<i>4. Does the community provide a nurse on-site?</i>	
<i>5. Is there a physician available for on-site appointments?</i>	
<i>6. What medical services are available on-site, (i.e. podiatrist, dental, home health etc.)?</i>	
<i>7. Does the community have robust protocols in place for pandemics or other health concerns?</i>	

# Opportunities for Engagement

*Socialization has proven to be one of the biggest factors in keeping seniors healthy and happy. It is important to identify a community that values engagement and encourages residents to get involved by offering a variety of opportunities.*

Consideration	Notes
1. Is there a wide selection of social, cultural, educational and recreational programs to choose from?	
2. Is there a fitness and rehab program? (fitness center, exercise classes, walking paths, etc.)	
3. What opportunities are there for social interaction amongst the residents?	
4. Is there a transportation system available to the residents and how does it work?	
5. Does the community provide areas for socialization? Is there access to outdoor areas for resident use? (theater, event center, game room, library, etc.)	
6. Is the community pet friendly?	
7. Does the community provide housekeeping and is there a beauty salon and barber shop on-site?	
8. Does the community have a pool? If so, is it heated?	

# Apartment Size & Amenities

*Living options typically range from companion suites to one-bedroom suites. Be sure to ask to see a model of an apartment that closely fits the type you are looking for, and ask these questions as well.*

Consideration	Notes
<i>1. What is the size range of the apartments?</i>	
<i>2. What amenities are standard in each apartment?</i>	
<i>3. What are the apartment's safety features?</i>	
<i>4. Are bathrooms handicap accessible?</i>	
<i>5. Does the community have a backup generator or plan during power outages? Do I have to move out of my apartment during an outage?</i>	
<i>6. Does the community provide high end hardware, cabinetry and countertops?</i>	



# Security & Safety

*Security and safety is likely one of the primary reasons that you are looking for a senior living community. The following questions are important to consider and compare as you conduct your research.*

<i>Consideration</i>	<i>Notes</i>
<i>1. What are the security features of the community?</i>	
<i>2. What safety procedures are in place for the protection of the residents?</i>	
<i>3. What happens in the event of a medical emergency?</i>	
<i>4. Are there team members on duty 24 hours a day?</i>	
<i>5. What emergency response system is available inside the apartments?</i>	
<i>6. Does the community have systems in place in the event of a storm or power outage?</i>	

# Application Process & Fees

*Pricing structures and application processes can vary drastically between communities. Understanding the basics of the process up front will help make it a little easier and less stressful. Be sure to address the following questions in your search.*

<i>Consideration</i>	<i>Notes</i>
<i>1. Does the rental include a community fee or a large upfront entrance fee?</i>	
<i>2. How does the fee structure work?</i>	
<i>3. Is the monthly service fee all-inclusive? What is included?</i>	
<i>4. Are utilities included in the monthly fee as well as WiFi?</i>	
<i>5. What is the application and move-in process?</i>	

# *Live Life to its Fullest.*

At The Crossings at Ironbridge, AgeWell Solvere Living's community in Chester, Virginia, we believe through physical activity, social engagement, intellectual stimulation, and spiritual support, older adults can live full, rich lives.

Aging well is living your best life each day. The Crossings at Ironbridge provides assisted living and memory care services in quiet Chester, Virginia. Our blooming courtyard and wooded country setting offers a most exceptional experience in retirement living. With spacious accommodations, unique common areas, lively activities, and convenient services, The Crossings is an ideal place to dive into your golden years.

Our seasoned team members work hard to deliver discreet and effective personal and medical services that leave residents feeling valued and understood. Whether you need transportation assistance or simply a compassionate ear, we're around to offer our support.

The Crossings at Ironbridge sits apart in Chester for its beautiful, calming location, chef-prepared menus, and a calendar brimming with fun and possibilities. Pet-friendly, maintenance-free senior living weaves together the best of personalized care and attentive services to create a warm and delightful experience every day.

***To schedule a time to explore all The Crossings at Ironbridge has to offer, please call (804) 748-7000 today and discover how to live life to the fullest.***

Sincerely,

*Melissa Freeman*

Melissa Freeman  
Executive Director



Live Life to its Fullest.



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