

SENIOR LIVING CHECKLIST

This checklist can help guide your next step. Whether you're exploring options for yourself or supporting a loved one, these questions can help you decide next steps.

IS SENIOR LIVING A GOOD FIT FOR YOU?

- Daily tasks and house maintenance take longer and leave me feeling tired
- Cooking meals feels like a chore — or something I skip altogether
- Driving is stressful, or I stay home more often than I'd like
- Managing medications or appointments feels overwhelming
- I'd feel better with added security and fewer daily worries about living alone
- The idea of having support nearby brings me peace of mind
- I'd love more chances to spend time with others and less time alone
- I'm interested in a lifestyle with convenience, connection and joy

Reflection: If you checked several boxes, community living may offer more ease, connection and support as you think about what's next.

IS IT TIME TO EXPLORE SENIOR LIVING FOR YOUR LOVED ONE?

- Daily tasks like meals, housekeeping or errands are harder for them to manage
- Personal care — like bathing or grooming — is being put off
- Memory lapses or trouble with decisions are happening more often
- You've noticed recent falls, close calls or safety concerns at home
- The home feels cluttered or harder to keep safe
- Bills, appointments or important details are getting missed
- Hobbies, social visits or favorite activities have slowed down
- Your loved one's care needs are growing beyond what you can manage alone
- You feel overwhelmed, constantly on call or unsure what to do next
- Your relationship feels more like caregiving than quality time
- You wonder how they'd manage in an emergency alone

Reflection: If you checked several boxes, senior living may be able to offer the security, support and sense of relief you and your loved one need and deserve.