

Tips for Having the Conversation with Your Parents or Loved Ones About Moving into a Senior Living Community

- 1) Do your research. Gather information on the types of services and living arrangements available in your area.
- 2) Don't wait until there is an emergency. Start the conversation about what your loved one needs and desires in retirement living now. Waiting until there is a crisis makes really tough decisions stressful and more difficult.
- 3) Make sure to include siblings or other family members who will be helping in the transition from home to retirement living in the decision-making process.
- 4) Make sure to explain how retirement living has changed over the years to fit the needs and wants of today's seniors.
- 5) Share feelings with your loved one about your concerns for their safety and well-being. Make sure to also listen to the concerns your loved one has about making a move.
- 6) Make a plan with your parents or loved one. Consider location, community type, levels of care, quality of care, and finances. Make plans to tour communities with your loved one to help determine the best living options for their situation.



Cascade Senior Living Offers the Lifestyle Your Loved One Wants ...
and the Peace of Mind You Need.



For more information, please call

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Helpful Tips for When It's Time To Talk About Retirement Living Options



Have You Noticed a Change in Your Loved One's Needs?

- Nutritional issues: *Less interest in meal preparation? Weight loss? Poor eating habits?*
- Socialization: *Friends visiting less? Isolated? Lonely? Depressed?*
- Forgetfulness: *Forgetting appointments? Medication? Events?*
- Appearance: *Lack of grooming? Problems bathing or doing laundry?*
- Home maintenance: *House or yard untidy? Papers and trash stacking up?*
- Accidents: *More difficulty getting around? Falls? Balance issues? Mobility issues?*
- Transportation: *Driving skills declining? Lack of transportation?*



What To Look for When Choosing a Retirement Community

Today's seniors have more lifestyle choices than any other generation in history! When choosing the retirement lifestyle that's best for your loved one, there are many factors to consider, including present and future needs, their personal preferences, and their financial situation.

The following four considerations should be top priority:

- 1) *The history, reputation and financial stability of the community*
- 2) *The type of living accommodations offered*
- 3) *The scope of services offered*
- 4) *The types of amenities available, including health services*



Cascade Living Group will be happy to provide you with a Cost Comparison Worksheet, Community Checklist, and Services and Amenities Checklist to help you determine the answers you need to choose the right community for your loved one.

Determining the Level of Care Your Loved One Needs

Independent Living

Independent Living is for vibrant seniors who need little to no assistance but are interested in having the conveniences of meals and a variety of services available to them, including housekeeping, transportation, social programs and activities.

Assisted Living

Assisted living offers support to people who cannot live independently. At Cascade Living Group, a licensed nurse is available 24 hours a day to help manage conditions like diabetes and high blood pressure. This allows residents to live independently in apartment-style accommodations and receive convenient services and supportive care services for activities of daily living.

Memory Care Assisted Living

Memory care provides residents with the same services and support as regular living; however, memory care living environments are secure areas that are locked for the residents' safety. Additionally, residents are provided care from specially trained staff and structured programming and activities that are specifically designed for those facing memory challenges.



Why Make the Move to Cascade Senior Living?

Making the decision to move into a senior living community can be one of the most challenging decisions an individual and their family will make.

The Right Time To Move Is Now

Make the move when your parent is still healthy, allowing him or her to enjoy all that Cascade Living Group has to offer. A move now could help avoid a rushed decision about where to live in the event of a health crisis. Additionally, with all services on one campus, a move to a Cascade Living Group community means that it will be less likely that your loved one will need to move again in the future.

Become a Family Again

As our parents age, our relationship and role with our parents change, and we miss what we once had. When a parent moves into a Cascade Living Group community, in those circumstances where it has been necessary to be the primary caregiver, that burden will also be lifted so that the relationship between parent and adult child can return to normal. We're on duty 24 hours a day so that you don't have to be.

Know Your Financial Options

Many families are concerned about the costs associated with moving into a senior living community. Cascade Living Group can help connect you with a variety of financial options to meet individual needs, including offering programs that will allow you to "give us a try" before making the move. Also, many options can provide additional savings and value.



The Difference Between Living and Living Well

www.CascadeLiving.com

