

ASSISTED LIVING – A SMOOTHER, SMARTER SEARCH.



How do you know you or a loved one is ready for an **assisted living community**? Use these tips as a handy reference from the moment you start the conversation to the point you find the perfect fit.

ABBHEY DELRAY | 
A LIFESPACE COMMUNITY®

BEGIN BY BEING MORE OBSERVANT.

- Are daily tasks becoming a challenge?
- Has it become difficult to leave the house?
- Are they becoming socially isolated?
- Have there been recent falls, accidents, or medical scares?
- Are they having trouble recovering from common illnesses?
- Are chronic health conditions worsening?
- Are you noticing mood changes or a change in daily habits?

LOOK TO MINIMIZE STRESS.

- Engage all members of your family who are willing and able to help.
- Keep an open mind – identify both your top concerns and the areas your loved one feels they may need help with.
- Lean on the experience and knowledge of experts.

Wherever you are in your care journey, don't hesitate to call **561-454-2000** anytime you need advice.

ANALYZE YOUR OPTIONS.

- Make a list. Identify wants and needs to assess the options available in your area.
- Do your research and, most importantly, go for an in-person visit.
- Are there any initial costs and what do they include? How about monthly fees?
- Get to know all of the community's health care offerings in case needs change over time.
- Talk to current residents and their families.
- Attend the community's next informational event.

CONSIDER THESE KEY QUESTIONS.

- Do floor plan options provide ample space and offer features that feel like home?
- Is the community conveniently located? Does it feel secure?
- What types of amenities, common spaces, and dining options are available?
- Are there opportunities for wellness, fitness, and continued learning?
- Is there a strong social support system among neighbors?

