



5 Tips

for Transitioning into
a Senior Living Community



There are a lot of meaningful transitions throughout life. Starting school, leaving your childhood home to attend college, starting your career, getting married, having children, reveling in an empty nest, and the newfound freedom after retirement. However, there's one transition that often gets overlooked, even though it's just as significant as the others: the transition to senior living.

Many people avoid thinking about this transition—whether out of fear, sadness, or apprehension. The truth is that this is another exciting and meaningful transition that you should welcome with open arms.

WellAge Senior Living is sharing some tips, both logistical and emotional, on making the transition into senior living smooth for yourself and your family.

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Knowing When It's Time

The first and potentially most important step toward making this transition is deciding that it's time for senior living. This can often be the most challenging step because, for many, it can be hard to admit that living on your own may not be the best option for you anymore.

It's not uncommon for older adults to resist this move for many reasons—leaving a cherished home, fear of the unknown, and incorrect perceptions about losing independence or dignity. However, moving to a senior living community, even amidst all these fears, can provide an enhanced quality of life that you simply can't get on your own at home.





If you're unsure of when the right time to consider making the move is, there are a few common signs to look for that could indicate you're ready for some level of senior living:



- You wish you had a larger social circle.
- You don't have enough energy to maintain a house.
- It's beginning to require more time and effort to bathe and dress.
- Your family members are worried about you.
- You have recently fallen or had another setback.
- You find it hard to shop for and/or prepare healthy meals.



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Find The Right Community

After you've decided to move into a senior living community, the next step is finding the best community for you or someone you know. With all the options available, it can feel overwhelming to narrow the choices, but breaking it down into more manageable steps will simplify the process.

First, you and your family need to decide which type of care would best benefit your needs and lifestyle.

Are you relatively healthy, independent, and active?

» Consider Independent Living



Do you require assistance with some tasks like medication management?

» Consider Assisted Living



Have someone you know been diagnosed with dementia or Alzheimer's?

» Consider Memory Care





Once you have decided what care level is right for you and your family, you can look more closely at communities that have what you're looking for. We recommend starting with a budget and a location and deepening your search from there. After those aspects have been determined, you can focus on other features and amenities that may be important to you, such as:



- Proximity to family members, hospitals, or airports
- Pet friendliness
- Floor plan and furnishing options
- Fitness and wellness programs
- Dining experience
- Continuum of care options
- Parking and transportation available

Considering Financial Options

One of the biggest hurdles families face when transitioning into senior living is the price. Even though many senior living communities provide an all-inclusive lifestyle and can end up being cost-effective in the long run, it can still be costly for families to pay out of pocket each month. Fortunately, there are several resources available to help families cover these expenses.

As you evaluate your financial situation, consider looking into Veterans benefits (if applicable), supplemental security income, long-term care insurance, pensions and annuities, and real estate.

Once you have narrowed your options down, you can visit and tour the communities. Doing this will give you a more realistic understanding of what life is like—including the spaces, the food, the activities, and the team members. You should be able to confidently and comfortably picture yourself living there and enjoying your days!

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Downsize and Move

Now that you've chosen a community and have a set move-in date, it's time for the usually most dreaded step: packing and moving. Nobody likes moving, and it can be even more overwhelming when you have to downsize as well. Many adults move to senior living from the house where they have lived for years and have raised a family, so it's safe to assume they will need to get rid of a few things.

While downsizing an entire house to a one- or two-bedroom apartment can seem impossible, all it takes is organization and patience. First, pack all the things you know you will need for your new home. A packing list for senior living usually includes clothes, toiletries, small furniture and appliances, and decor and photos.

Once those items have been set aside, go through the house room by room and ask yourself honestly if you need a particular item. A good place to start is getting rid of duplicates, things that are broken, and clothes that no longer fit.





Don't Forget!



Amidst all the chaos of moving, there may be a few things you let slip. Don't forget to:



- Forward your address through the USPS
- Cancel utilities in your old residence
- Change your address on voter information, credit card statements, and Social Security benefits
- Update your address on any subscription boxes or delivery services
- Let neighbors know you are moving and retrieve any spare keys

Making Your New Space Feel Like Home

Moving out of a long-time home can be a challenging transition, so it's essential to make your new senior apartment feel as much like home as possible. While you can't bring everything from your old house, you can bring your favorite items that make you comfortable and happy. For example, bring a cozy blanket, your favorite coffee mug, or anything that makes you feel at home. Don't forget to add family photos, as well!

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Get Involved

While it can be intimidating to move to a new place—especially if you’re normally introverted—senior living can have endless opportunities if you put yourself out there! Introduce yourself to your neighbors, attend a fitness class, and take advantage of community events. One of the benefits of senior living is that almost everyone is in the same situation as yourself, looking to connect and build relationships.

Another advantage is that with maintenance, housekeeping, and restaurant-style dining services available, you will find yourself with plenty of time to explore new experiences and meet new people.



Senior living communities are designed to foster engagement, activity, and interaction. As you get adjusted to your new surroundings, use your first week to participate in as many activities and events as you feel comfortable with, introduce yourself to your neighbors and get to know the staff. You will soon fall into a routine, discover new hobbies, and build relationships. Senior living is what you make it, and for it to become your home, you have to treat it like it.



Ways to Get Involved at WellAge Senior Living Communities



Fitness Classes



**Outings and
Shopping Trips**



Gardening Classes



Movie Nights



**Book Clubs and
Discussion Groups**



**Community Socials
and so much more!**

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Stay Positive and Stay in Touch

Even if you were prepared, or even excited, for this move, that doesn't mean you won't also experience other feelings of sadness, frustration, or even loss. Moving to a senior living community is a significant transition, and it can take some time before you may feel truly at home.

Fortunately, there are more ways to stay connected than ever before! As you spend your first days and weeks in your new home, connect with your family and friends through phone calls, video chats, texts, and emails. Regular communication can help ease the transition for everyone.





Still, it's important to recognize and understand your feelings during the transition period....

Of course, don't be afraid to speak to the staff about any questions or concerns you may have. They are there to help!

By staying open-minded and optimistic, you will allow yourself to adjust more smoothly and comfortably. Before you know it, you'll be calling your family and telling them all about your new hobbies and friends!





Live Well

at WellAge Senior Living

Transitioning to a senior living community is worth it with the right planning, preparation, and attitude. Senior living communities offer a life of ease, comfort, and engagement and allow you to live your days the way you choose.

WellAge Senior Living communities offer independent living, assisted living, memory care, and respite and short-term care services in Colorado, Oklahoma, and Nevada. Our communities are focused on ensuring our residents Live Well and Age Well.

For more information on our welcoming retirement communities, we encourage you to contact us!