

You may be at an age where you are weighing the options for your future, but find yourself struggling about what to do next. It may be a good idea to write down all the pros and cons of moving to a care community or staying where you are. Our thoughts below may help you get started.

Staying **OR** Moving?

Social Life

Inability to see friends or participate in activities with others



Numerous opportunities for finding like-minded peers; cultural, social, educational activities and entertainment available daily

Transportation

Reliance on others to get to and from events and shopping



Scheduled transportation available for events and shopping

Dining

Eating highly processed foods; struggling to follow special diet restrictions



Fresh, home-cooked meals; dining with neighbors; special diets and preferences honored; table service provided

Housekeeping

Mounting difficulties with chores and maintenance



Housekeeping and household maintenance provided by staff

Emergencies

No guarantee help will be available when needed



Emergency alert system in each apartment with 24-hour staff available on site

Physical Activity

Few (if any) opportunities to exercise



Opportunities available daily to build strength, improve balance and improve overall health

Independence

Increasing struggles with daily living tasks, reliance on others



Assistance can be supplied by caring professionals, allowing greater personal freedom and control



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