

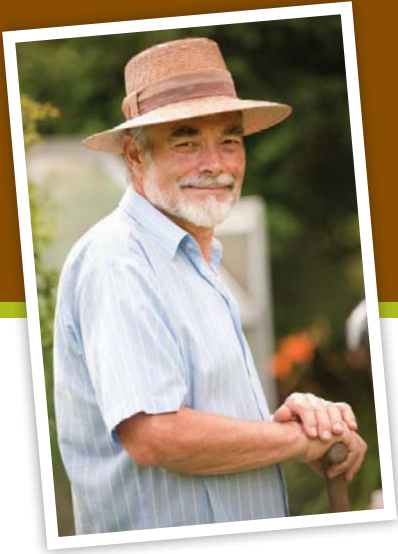
# Insider's Guide

TO SENIOR LIVING COMMUNITIES



  
**ClareOaks**  
SENIOR • LIVING





Visiting senior living communities is very exciting! You can get a feel for what your life would be like at the community and see first-hand how their benefits really can enhance your everyday life. Talking to residents will give you some perspective on each senior living community's personality.

Use this guided checklist when visiting a senior living community to take notes and write down questions to help you evaluate the community as a whole. These senior living communities not only offer a lifestyle full of independence and choice, but also a fresh way of thinking about retirement.

With each visit, pay attention to the way you are greeted. Also, be sure that you see every area of the community and all your questions are answered. It's easier to make a decision when you have all the information you need!

We hope this guide aids you in your search for a senior living community that's right for you!

## LOCATION

Location is important because you want to make sure the community's surroundings are something you will enjoy for years.

Community: \_\_\_\_\_

Date: \_\_\_\_\_

| Consideration   | Notes |
|---|-------|
| Is the community in a desirable location?   |       |
| Is the surrounding environment appealing?   |       |
| Does the landscaping look well-manicured?   |       |
| Do the roads within the community look well cared for?                              |       |
| Is there easy access to the highway?  |       |
| Is there a university, college or community college close by?                       |       |
| Is there ample parking? Garages included? Underground or covered parking available? |       |

## STAFF

Pay attention to the staff as you walk around. Are they eager to help you with anything and provide answers to any questions?

Community: \_\_\_\_\_

Date: \_\_\_\_\_

| Consideration   | Notes |
|---|-------|
| Were you greeted when you walked in?  |       |
| Does the staff seem friendly and engaging?  |       |
| How are staff members interacting with the residents—do they know resident names? |       |
| Are they approachable and eager to help?  |       |
| What is the staff-to-resident ratio?  |       |
| Are the staff actual employees or contract employees?                             |       |
|   |       |
|   |       |

# ATMOSPHERE

Take a close look at the interiors and exteriors of the buildings and the feeling you get walking around. This could be your new home!

Community: \_\_\_\_\_

Date: \_\_\_\_\_

| Consideration  | Notes |
|--|-------|
| Are the hallways and surrounding areas well-lit?                                 |       |
| Is there a lot of natural light in the residences?                               |       |
| Are the common areas clean and free of clutter?                                  |       |
| Is the noise level appropriate for common areas (too quiet, loud or just right)? |       |
| Do the common areas seem full of life?   |       |
| Are the residents social and out and about within the community?                 |       |
| Are the rooms, halls and buildings easy to navigate?                             |       |

# AMENITIES

There are different amenities and benefits offered at each senior living community. There are probably certain aspects that are important to you. Which benefits stand out and get you excited about the community?

Community: \_\_\_\_\_

Date: \_\_\_\_\_

| Consideration   | Notes |
|---|-------|
| Is housekeeping/linen service available or provided? How often?                                       |       |
| Do they offer flexible dining options?  |       |
| What kind of variety can I expect when it comes to food choices?                                      |       |
| When family is visiting, can they use my meal plan?   |       |
| Is there scheduled transportation provided to surrounding events/activities? What about private cars? |       |
| Is there an on-site salon, library, bank, convenience store, etc.?                                    |       |
| Which areas offer Internet within the community?  |       |
| What maintenance is provided inside and outside the residences?                                       |       |

## ACTIVITIES

Everyone enjoys different levels of activity to fill their social calendars; it is all about personal preference. The community most likely offers a variety of activities for you to choose from; some you know you are keen on and others you may have never tried.

Community: \_\_\_\_\_

Date: \_\_\_\_\_

| Consideration  | Notes |
|--|-------|
| How full is the monthly calendar of events?<br>Are there multiple options every day?<br>Are there options that you will enjoy? |       |
| Are spiritual services held on community grounds?  |       |
| Is there a fitness center with up-to-date equipment?   |       |
| Is a fitness professional available to answer questions or lead classes?   |       |
| Are there individual activities as well as group ones?   |       |
| Are there outdoor walking paths within the surrounding landscape?  |       |
| Are there areas for picnics, barbecues, gardening and other outdoor activities?  |       |



## SECURITY & SAFETY

It is important to get to know your surroundings before moving into a senior living community. Knowing the safety features of the community will be helpful. Keep these things in mind while walking around the community.

Community: \_\_\_\_\_

Date: \_\_\_\_\_

| Consideration  | Notes |
|--|-------|
| Is the community in a safe area you would be pleased to live in?                               |       |
| Is there someone available 24-hours a day, such as a front desk concierge or security officer? |       |
| Does the community have a plan in case of severe weather?                                      |       |
| What emergency response system is available inside the residences?                             |       |
| Is there a daily check-in system?  |       |
| Who responds to emergency calls?   |       |
|  |       |
|  |       |

## LIVING SPACE

When you are considering moving out of your own house and into a senior living community, it is imperative to be very detailed in your evaluation to make the decision-making process easier. This could be your new home, so it should feel warm and welcoming to you!

Community: \_\_\_\_\_

Date: \_\_\_\_\_

| Consideration  | Notes |
|--|-------|
| Are there varying floor plan options (1-, 2-, 3-bedroom, cottages)?              |       |
| How much space is allotted for storage?  |       |
| Does each residence include appliances?<br>Which ones?                           |       |
| Is there ample closet space?   |       |
| Is there laundry access within the residences or in a common area?               |       |
| Can personal upgrades be made to the residences, such as painting, blinds, etc.? |       |
| Do the residences have a balcony, patio, etc.?                                   |       |

# RESIDENTS

Getting to know new people can be really fun. As you are visiting a community, see if you can get a feeling of what it would be like to live there and who your neighbors would be. You should get a sense of belonging and camaraderie.

Community: \_\_\_\_\_

Date: \_\_\_\_\_

| Consideration   | Notes |
|---|-------|
| Do the residents seem friendly?<br>Are residents smiling and greeting you as you walk around the community? |       |
| Are residents interacting and engaging with you and one another?  |       |
| Does it seem like residents are genuinely enjoying their time at the community?                             |       |
| Is there a resident association at the community that listens to feedback and implements new ideas?         |       |
| Is there a Resident Services Director to help acclimate you into the community?                             |       |
| Are there various resident support groups?  |       |
|   |       |

## COMFORT LEVEL

Following your instincts while visiting a community is an excellent way to know whether you think you'll fit in as a resident. A feeling of excitement to find out more information is a good indication the community may be just what you are looking for!

Community: \_\_\_\_\_

Date: \_\_\_\_\_

| Consideration  | Notes |
|--|-------|
| Will the chef cater to specific dietary needs?                           |       |
| Are guest suites available for family when visiting?                     |       |
| Are pets welcome at the community?                                       |       |
| Can you see yourself enjoying an active lifestyle every day?             |       |
| Are you excited about all the social opportunities the community offers? |       |
| Would you be proud to call the community home?                           |       |
|  |       |
|  |       |

## LEVELS OF CARE

With some senior living communities, there is a unique opportunity to have multiple levels of care within the same community. From independent living, to assisted living, to full-time nursing care, these communities provide many options of care.

Community: \_\_\_\_\_

Date: \_\_\_\_\_

| Consideration   | Notes |
|---|-------|
| What type of senior living community are you visiting? (Life Care, fee-for-service, rental, etc.) |       |
| What levels of care are offered at the community?   |       |
| Who coordinates transitions from one level of care to another?                                    |       |
| Is there a health center on site?   |       |
| Does the health center offer private or semi-private rooms?                                       |       |
| Do health center residents have their own private dining area?                                    |       |
| What is the rating?   |       |

# FINANCES

Moving into a senior living community is a big decision not only personally, but financially, too. This move is an investment for your future!

Community: \_\_\_\_\_

Date: \_\_\_\_\_

| Consideration   | Notes |
|---|-------|
| Depending on the residence chosen, what are the entrance fees?        |       |
| What can you expect the monthly fee to be?                            |       |
| Does the community offer a Return of Capital™ plan?                   |       |
| How financially stable is the community?                              |       |
| How does the community complement my long-term care insurance policy? |       |
|   |       |
|   |       |

## OTHER CONSIDERATIONS

Here are a few additional things to consider while you are visiting a senior living community:

Community: \_\_\_\_\_

Date: \_\_\_\_\_

| Consideration  | Notes |
|--|-------|
| Is there a waiting list to move in?  |       |
| Can you spend a day with a resident host to experience living there?                                     |       |
| Do the marketing materials (ads, website, etc.) match what you've seen on your visit?                    |       |
| Does the community provide any moving assistance programs?   |       |
| Does a reputable company own and/or manage the community?  |       |
| Do they offer a trial stay?  |       |
| Do they offer assistance with selling your home?<br>Do they offer assistance with moving and downsizing? |       |



## **A bright new future is waiting for you.**

How would you like to have a retirement living future where home maintenance, inside and out, is a thing of the past? It is a future where every day you're surrounded by friends and neighbors who enjoy many of the same pastimes and activities you do. It's at a place where you can begin feeling rejuvenated through an approach to wellness that combines exercise, a fulfilling social life, programs that stimulate your mind, and a spiritual experience that you can make your own.

That's the future you can expect right here at Clare Oaks.

### **This is a very special place.**

Clare Oaks was founded by the Sisters of St. Joseph of the Third Order of St Francis. Today, we still share the philosophy and values our founders brought to our community. At Clare Oaks, you will experience our passion for caring about other people and the world we all live in. Set on 44 acres surrounded by nature's lush, wooded beauty, this is a community where people thrive and truly enjoy life.

At Clare Oaks, you'll find a tremendous collection of programs, clubs and activities to participate in, if you wish. In fact, there is almost no end to the diversity of engaging choices. Your lifestyle at Clare Oaks is one that you can fashion to suit your own tastes and interests so you're always in control.

### **The security you need for your future.**

Speaking of being in control, by choosing Clare Oaks, you're choosing a perfect plan for protecting yourself and your family from the rising costs of long-term health care. As a resident at our continuing care retirement community, you'll have lifetime priority access to on-site assisted living, skilled nursing, memory support and rehabilitation services, if you ever need them. And they're available at a reduced cost to our residents compared to the rate for direct admittance to these service levels.

### **Take the next step and see for yourself.**

Schedule a personal appointment by calling **(630) 372.1946**. Or contact me by email at **[inforequest@clareoaks.com](mailto:inforequest@clareoaks.com)**.

Sincerely,

A handwritten signature in black ink that reads "Julie DeGrace". The signature is written in a cursive, flowing style.

Julie DeGrace  
Director of Marketing & Sales