

LOOKING FOR SENIOR LIVING OPTIONS?

A guide for finding the right community



The Next Chapter Starts Here.



SARABELLA
SENIOR LIVING



The decision to move to a community can be a big one. For many — especially those who value a secure setting that provides opportunities for socialization and promotes a healthy, active lifestyle — the answer is a senior living community with a variety of lifestyle choices. To make the best decision to serve your needs, it's important to understand the options available to you.

Throughout this guide, we'll provide information on the different types of senior living options, benefits of a senior living community, share tips on finding the community best suited for you, address popular misconceptions and advise you on the most probing questions to ask during your search.

Our goal is simple:

We want you to choose confidently and
live happily.

Understanding your options.

Senior living options differ greatly and offer various levels of care.

Continuing Care Retirement Communities

Continuing care retirement communities or CCRCs offer a full range of residential and health services within the same community. As residents' health needs change, they can access additional levels of care to suit them. CCRCs can be more expensive upfront than other senior living options.

Independent Living Communities

Independent living communities are often condominiums or apartment buildings that offer security and accessible care by providing a nurse call system to request assistance if needed. They also provide home maintenance and housekeeping, engaging activities, diverse food venues and a variety of other amenities.

Assisted Living Communities

Assisted living communities offer many of the services and amenities of independent living with the additional benefit of care provided by licensed nurses and caregivers, based on how much assistance with the activities of daily living is needed. Care includes making sure residents take daily medications, supporting residents who experience memory loss and assisting with housekeeping, dressing and hygiene.

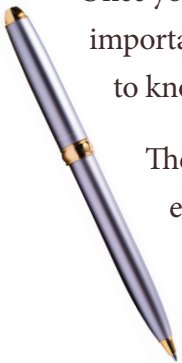
Memory Care Communities

Many communities also offer a secure and safe neighborhood designed specifically for those suffering from the effects of Alzheimer's and other forms of dementia. These communities provide a secure environment with programs to assist residents in being as social and active as possible with specialized programming and therapies.

Visiting a community

Once you've identified the communities available in your area with the services you seek, it is important to go visit, explore and see for yourself what the community is like. It is also important to know what to look for and the right questions to ask.

The checklists on the following pages will provide you with important considerations to explore and questions to ask as you begin your research process. You'll be better prepared to make the right decision.



Community Overview & Observations

As you explore the community, think through the following questions and take notes on your observations.

Consideration	Notes
1. Does the community have outdoor areas for residents to enjoy (i.e. quiet, park-like setting)?	
2. Are the community team members knowledgeable and supportive?	
3. Is the community designed to accommodate the needs of the residents?	
4. Who manages the community and what is their experience with senior living?	
5. Does the community offer flexible dining options to include all-day dining and various venues? (restaurant, private dining room, etc.)	
6. Does the community have on-site salon services (i.e. barber, hairstylist, manicurist, etc.)	

Medical, Health & Wellness Support

Having confidence in the medical, health and wellness capabilities of a community is one of the key factors to consider when looking for senior living. Ask the following questions as you compare your options.

Consideration	Notes
1. How are medical concerns handled?	
2. Are rehabilitation services available on-site?	
3. What programs are in place to support overall wellness?	
4. Is there personalized, one-on-one support?	
5. Does the community provide a nurse on-site?	
6. Is there a physician available for on-site appointments?	
7. What medical services are available on-site (i.e. podiatrist, dental, home health etc.)?	
8. Does the community have robust protocols in place for pandemics or other health concerns?	

Opportunities for Engagement

Socialization has proven to be one of the biggest factors in keeping seniors healthy and happy. It is important to identify a community that values engagement and encourages residents to get involved by offering a variety of opportunities.

Consideration	Notes
1. Is there a wide selection of social, cultural, educational and recreational programs to choose from?	
2. Is there a fitness and rehab program? (fitness center, exercise classes, walking paths, etc.)	
3. What opportunities are there for social interaction amongst the residents?	
4. Is there a transportation system available to the residents and how does it work?	
5. Does the community provide areas for socialization? (theater, event center, game room, library, etc.)	
6. Is the community pet friendly?	

Apartment Size & Amenities

Living options typically range from studio to one-bedroom suites. Be sure to ask to see a model of an apartment that closely fits the type you are looking for, and ask these questions as well.

Consideration	Notes
1. What is the size range of the apartments?	
2. What amenities are standard in each apartment?	
3. What are the apartment's safety features?	
4. Are bathrooms handicap accessible?	
5. Does the community provide high-end hardware, cabinetry and countertops?	
6. Are apartments with walk-in closets available?	

Security & Safety

Security and safety is likely one of the primary reasons that you are looking for a senior living community. The following questions are important to consider and compare as you conduct your research.

Consideration	Notes
1. What are the security features of the community?	
2. Is it a gated community?	
3. What safety procedures are in place for the protection of the residents?	
4. What happens in the event of a medical emergency?	
5. Are there team members on duty 24 hours a day?	
6. What emergency response system is available inside the apartments?	

Application Process & Fees

Pricing structures and application processes can vary drastically between communities. Understanding the basics of the process up front will help make it a little easier and less stressful. Be sure to address the following questions in your search.

Consideration	Notes
1. Does the rental include a community fee or a large upfront entrance fee?	
2. How does the fee structure work?	
3. What is included in the monthly service fee and what services are priced separately?	
4. Are utilities included in the monthly fee as well as WiFi?	
5. What is the application and move-in process?	

The Next Chapter Starts Here.

You've accomplished so much in your life. Now live the life you choose with personalized support and wellness programs. At SaraBella Senior Living, we're committed to providing quality supportive assisted living and memory care services that honor your legacy, enhance your wellness and focus on your personal goals.

SaraBella features an approach to senior living that provides a sense of intimacy and attention to detail that most larger communities just can't offer. You'll receive holistic support from team members who are dedicated to knowing your unique needs. Our commitment to wellness is woven into everything we do. The SaraBella team takes the time to understand your preferences and passions so you can flourish in a close-knit setting. With bright spaces, creative programming, and engaged residents, life here is vibrant and inspiring.

Simply put, we've created a community where you can thrive.

To schedule a time to explore SaraBella Senior Living, please call (941) 413-7997 today.

Sincerely,

The Team at SaraBella



Where the best in you thrives.



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SENIOR LIVING

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