

# LOOKING FOR SENIOR LIVING OPTIONS?

*A guide for finding the right community*



*Live Life to its Fullest.*

*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 up front 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?	
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, bistro, bar, 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. Does the community provide a nurse on-site?	
5. Is there a physician available for on-site appointments?	
6. What medical services are available on-site, (i.e. podiatrist, dental, home health etc.)?	
7. 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? Is there access to outdoor areas for resident use? (theater, event center, game room, library, etc.)	
6. Is the community pet friendly?	
7. Does the community provide housekeeping and is there a beauty salon and barber shop on-site?	
8. Does the community have a pool? If so, is it heated?	

# Apartment Size & Amenities

Living options typically range from companion suites 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 have a backup generator or plan during power outages? Do I have to move out of my apartment during an outage?	
6. Does the community provide high end hardware, cabinetry and countertops?	



# 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. What safety procedures are in place for the protection of the residents?	
3. What happens in the event of a medical emergency?	
4. Are there team members on duty 24 hours a day?	
5. What emergency response system is available inside the apartments?	
6. Does the community have systems in place in the event of a storm or power outage?	

# 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. Is the monthly service fee all-inclusive? What is included?	
4. Are utilities included in the monthly fee as well as WiFi?	
5. What is the application and move-in process?	

## *Inspired by beauty, catered to you.*

As you embark on your journey to explore senior living options, we extend a warm invitation to discover Aden Senior Living, where we provide exceptional care and accommodations across three distinct levels: catered living, assisted living and memory care.

Surrounded by natural beauty yet nestled in the middle of everything that makes Ormond Beach so desirable, Aden Senior Living offers an array of lifestyle choices to suit your unique needs and preferences. Our catered living apartments are thoughtfully designed to provide you with the comfort of home, complete with full-sized appliances including ovens, washers, and dryers. It's an ideal option for those seeking independence with the convenience of a supportive community.

For those who require a bit more assistance, our assisted living is tailored to offer the perfect balance of independence and support. We understand that what matters to you matters to us, and we are committed to fostering a family atmosphere and a strong sense of community where mutual trust and respect thrive.

In our secure and compassionate Valeo™ Memory Care neighborhood, we provide specialized care for residents facing memory-related challenges. With a focus on maintaining dignity and enhancing quality of life, our Valeo neighborhood ensures the safety and well-being of our residents while honoring their individuality.

At Aden Senior Living, health and wellness are central to our mission. Our holistic approach to wellness and successful aging encompasses every facet of life here, from personalized care and wellness support to housekeeping services. Our dedicated team is wholeheartedly committed to your safety, health, and overall well-being.

We invite you to visit Aden Senior Living and experience firsthand the welcoming environment, the sense of belonging, and the quality care we provide. To schedule a tour or inquire further, please call us at (386) 217-1777 today.

Make Aden Senior Living your home and embark on a journey filled with engagement, honor, and fulfillment, regardless of any physical or emotional challenges. We look forward to welcoming you into our community.

Sincerely,

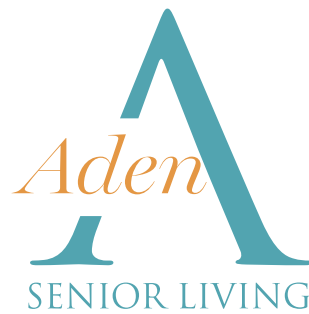
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