

WHEN IS THE RIGHT TIME TO MOVE CHECKLIST

Are you wondering if it's time to move into a senior living community? If you can answer yes to some of the questions below, a retirement community might be the right move for you.

- _____ Do you find it difficult or exhausting to clean and care for your home?
- _____ Do you often worry about what might happen if you fall when you're home alone?
- _____ Are you facing a chronic medical condition that you feel overwhelmed about?
- _____ Is your medication regime difficult or sometimes overwhelming?
- _____ Would you like more opportunities for social interaction?
- _____ Do you feel like you would benefit from more general assistance on a day-to-day basis but you don't want to burden family or friends?
- _____ Are you tired of handling day-to-day activities such as cooking all your own meals?
- _____ Are you interested in working alongside others to create a healthier, vibrant life?
- _____ Would you enjoy taking part in activities such as game nights, social hours, snack times, movie nights, craft classes, cooking classes or exercise programs?
- _____ Are you ready to downsize a home that has served you well over the years but is now too big for your needs?
- _____ Are you interested in comfortable living with amenities such as common spaces, gardens and housekeeping?
- _____ Could you benefit from nursing staff available to assist with needs or questions?
- _____ Would you feel more secure knowing that security and other staff was within a community where you lived 24 hours a day?
- _____ Are you interested in living your best life in retirement?

