

A Resource Guide for **ASSISTED LIVING**



How to find the community that's the best fit.



What is assisted living?



Assisted living is a supportive lifestyle that includes housing, assistance with personal care needs, dining and a variety of convenient services and amenities. For individuals who value their independence but can benefit from help with personal care, dressing and medication management, assisted living can provide an ideal option.



It might be time to look at assisted living communities when:

- Daily living actions, like bathing, getting dressed and cooking, are challenging
- Home maintenance (cleaning and yard work) has become difficult to do
- Complex health conditions are affecting your lifestyle or mobility
- You are living with anxiety, depression or loneliness
- Early cognitive impairment is impacting your life

How to compare to find the right community



Not all assisted living communities are the same.

Supportive services and lifestyle amenities can be vastly different from one community to another, with many factors to consider, including environment, lifestyle and cost. That's why it's important to do your research, take tours and know what to look for when comparing various communities. We want to help you make the best decision for you or for your family member or friend.

Use this resource guide to keep track of the communities you visit and to compare what each one has to offer. Print pages 4 through 13 to take with you to the community or use this fillable PDF to complete on your computer, tablet or phone.

Amenities & Services

Living life on your terms with a sense of belonging and purpose is what feeling at home is all about. That feeling is enhanced when you have important amenities and services that support your physical, social and emotional well-being — options that can include self-care and engaging in social events, the convenience of housekeeping and transportation services and the support you need to live as independently as possible.

Check boxes where applicable.



Amenities & Services	81 Oaks	<u> </u> (community name)	<u> </u> (community name)	Your Notes
Outdoor areas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pet friendly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Scheduled transportation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fitness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Salon/Spa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Housekeeping, laundry, linens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Library	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Game room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Art studio	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Theater	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Lounge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Dining

Food is more than just nourishment. It should be chef-prepared cuisine with all-day anytime dining that lets you savor a truly wonderful entrée whenever it suits you. It should be served by a friendly team that is always welcoming and will take the time to get to know your dining preferences and dietary needs.



Check boxes where applicable.

Dining	81 Oaks	<hr/> (community name)	<hr/> (community name)	Your Notes
Flexible all-day dining options	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Menus that accommodate special diets and choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Restaurant-style, chef-prepared entrées	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Health & Wellness

Health and happiness go hand-in-hand. Holistic wellness is important because it focuses on each individual's potential to achieve their personal goals, regardless of physical or emotional challenges. A truly customized holistic approach to health will help you grow and evolve with your needs and meet your expectations.



Check boxes where applicable.

Health & Wellness	81 Oaks	<u> </u> (community name)	<u> </u> (community name)	Your Notes
Customized care plan based on individual needs and preferences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
24-hour health monitoring and support (RN, LPN, aides)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Medical services offered on-site (podiatrist, dental, home health)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
On-site rehab services (PT, OT and speech)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Health & Wellness (continued)

Check boxes where applicable.

Health & Wellness	81 Oaks	<hr/> (community name)	<hr/> (community name)	Your Notes
Easy access to hospitals and medical offices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wellness engagement tool for residents and families	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Transportation to medical appointments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Team to resident ratio	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Engagement

Social interaction has been shown to improve mental health, mood, cognition and memory recall, to name a few. Living in a community that offers daily opportunities to develop meaningful relationships and enjoy engaging programs will enable you to live a happier and healthier life.



Check boxes where applicable.

Engagement	81 Oaks	<u> </u> (community name)	<u> </u> (community name)	Your Notes
Individual and group social engagement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Robust programming seven days a week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pet therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Off-site events with transportation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wellness Director for daily engagement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Apartments

Before you trade homeownership, housekeeping and maintenance chores for a private apartment, you'll want to make sure you can customize it to feel like home. You should have a choice from a variety of floor plans that give you a comfortable, secure and welcoming place to make your own. Your apartment should extend to wonderful secure outdoor areas, a game room and other engaging amenities.



Check boxes where applicable.

Apartments	81 Oaks	<u> </u> (community name)	<u> </u> (community name)	Your Notes
Apartment sizes or desired floor plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Kitchenette spaces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Views from the apartment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Downsizing resources	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Standard amenities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Safety features	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Handicap accessible bathrooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Co-living available	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Safety & Security

Feeling secure is a big part of feeling comfortable and truly supported. That's why an assisted living community should include around-the-clock team members on-site providing you the comfort that comes with knowing that assistance is there when it is needed. For added peace of mind, a visitor and vendor tracking management system is a must.



Check boxes where applicable.

Safety & Security	81 Oaks	<u> </u> (community name)	<u> </u> (community name)	Your Notes
Security features	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wellness team on-site 24/7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Concierge or security personnel on-site 24/7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Emergency response system inside apartments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Easy access to hospitals and medical offices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Pricing & Fees

Cost is an important consideration when choosing an assisted living community. The right community does more than meet your needs and suit your style, it also fits your budget. When your monthly rent includes a wide range of services and amenities, you get more for your money and still enjoy customized lifestyle options that work best for you.



Check boxes where applicable.

Pricing & Fees	81 Oaks	<u> </u> (community name)	<u> </u> (community name)	Your Notes
Community or entrance fee (refund policy?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Monthly fee structure (all-inclusive or fee-for-service)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Level of care fee structure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Utilities included (WiFi, cable, electricity, water)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Overall Impressions



First impressions are important and should be taken into consideration. This helps you know if residents and team members are happy to live and work there. When touring, note what each community has to offer and if it's tailored to your individualized needs.

Check boxes where applicable.

Overall Impressions	81 Oaks	<hr/> (community name)	<hr/> (community name)	Your Notes
How was I greeted?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Team members professional and happy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Did they try to get to know me? Did they genuinely care?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are residents interacting, engaging and appear happy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do I feel comfortable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the community a good value?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Clean and no off-putting smells	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Cost Comparison



	81 Oaks	Current Residence
Monthly Expense		
Housing Rent/Mortgage	<i>Included</i>	\$
Property Taxes	<i>Included</i>	\$
Association Fees	<i>Included</i>	\$
Home Maintenance	<i>Included</i>	\$
Services		
24-Hour On-site Team/Concierge	<i>Included</i>	\$
Housekeeping	<i>Included</i>	\$
Laundry and Linens	<i>Included</i>	\$
Lawn Maintenance	<i>Included</i>	\$
Emergency Response System	<i>Included</i>	\$
Courtesy Check-in System	<i>Included</i>	\$
Complimentary Transportation	<i>Included</i>	\$
Utilities		
Electric	<i>Included</i>	\$
Trash Removal	<i>Included</i>	\$
Water and Sewer	<i>Included</i>	\$
Heating and Air Conditioning	<i>Included</i>	\$
Appliance Maintenance/Repair	<i>Included</i>	\$
Basic Cable/WiFi	<i>Included</i>	\$
Amenities		
Fitness Center	<i>Included</i>	\$
Salon & Spa	<i>Available</i>	\$
Anytime Restaurant-style Dining	<i>Included</i>	\$
Totals	81 Oaks \$_____	Current Residence \$_____

Live every day to its fullest.



At 81 Oaks, residents thrive in our vibrant assisted living community. You'll choose from a variety of apartments, enjoy chef-prepared entrées based on your dietary needs and preferences, and interact with residents with similar interests. With a variety of services and amenities included in your monthly rental fee at 81 Oaks, you'll find peace of mind knowing that you, a family member or friend will receive customized support from a dedicated team and explore new ways to engage every day.



Why 81 Oaks?

Knowing when it's time to move into an assisted living community is an important decision for you and your family. When you decide it is time, you will want to find a team that treats you like family, and that is focused on helping you continue to live the life you most want to live.

Your Next Chapter Begins at 81 Oaks.



Enjoy a full array of amenities and services that make life easier, more convenient and more enjoyable. 81 Oaks is built on the unbreakable belief that your peace of mind is rooted in a life of choices, excellence and respect. Shaded by more than 100 oak trees, you'll find a full range of living options — assisted living and memory care plus our independent living coming in phase two. The foundation is strong here so your life can be more flexible.



Here are just some of the services and amenities at 81 Oaks:

- Salus™ holistic wellness philosophy
- Daily wellness checks
- Coordination of ancillary and medical services by a Wellness Director
- Anytime restaurant-style dining with seasonal, chef-prepared entrées
- Emergency response system in each apartment
- Scheduled transportation

How to schedule an appointment at 81 Oaks



Call 81 Oaks today for more information or to schedule a visit.

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Assisted Living Facility # Pending

