

## TOP 5 ASSISTED LIVING RESEARCH TIPS



Researching an Assisted Living Facility is a difficult and complicated process. The decision to move involves many factors including financial, lifestyle and health care needs and preferences. In addition, the emotional factor can never be understated.

### **1). Start the process early.**

Finding the right place will take time and it is always better to decide when you aren't in a crisis mode. Most people would rather not move than go through the ordeal of relocating, so it is important to understand that this process may take some time.

It is also important to recognize that many individuals have preconceived thoughts about what an assisted living facility is like and feel that if they are not living at home, they will lose their independence. Amazingly, many people actually gain more independence since they are no longer burdened with household responsibilities and have a greater access to social activities, dining, transportation, and on-site health care services.

### **2). Utilize the services of an expert.**

Attempting the transition alone is not a wise idea. Utilizing the services of a professional who is already familiar with all the options available in your area can help streamline the process. They will not only make the process easier, but also reduce your stress and help your family make a better, well-informed decision. Be careful of online internet search providers, which will appear high on your Google searches. These companies advertise free advice; however, they rarely know more than the bare minimum about the places they recommend. Once you fill out their online forms, prepare to be immediately bombarded with phone calls. In addition, all of your contact information is now their property which will be sold to third party vendors such as medical alert services, hearing aid businesses, and even cremation companies. Just what you need... more phone calls!

There is a better way. Utilize the services of a Senior Housing Advisor in your local area, such as Senior Housing Solutions in Naples, who can provide personal, concierge-level referral services customized for each unique situation. We are familiar with the many options in this area and stay current on availability, pricing, staff turnover, and State of Florida health care surveys. Our services are provided at NO COST to clients and your personal information is protected with the highest level of confidentiality. We are a knowledgeable and compassionate resource available when you need it the most. Our proven process helps seniors and their families every step of the way. For more information about Senior Housing Solutions, please visit [www.seniorhousingsolutions.net](http://www.seniorhousingsolutions.net)

### 3). Understand the different types of assisted living licenses.

Many people do not know that there are different types of assisted living licenses which impact what an assisted living facility can and cannot provide for its residents. The last thing you want to do is move twice, so it is especially important to fully understand everything up front. Licenses and their restrictions vary from state to state. In Florida, there are Standard, Extended Congregate Care (ECC), and Limited Nursing Services (LNS) assisted living licenses.

### 4). Understand the terms of the contract.

Reviewing contract terms is an important step in the overall process of assisted living facility research. What services are included and which cost extra? Being fully informed about additional fees, including charges for various levels of care, will help you make a well-informed decision. Consider asking your attorney to review the terms and conditions included in the contract in order to avoid future surprises.

### 5). Have realistic expectations.

Moving to an assisted living facility will be an adjustment. Your 'new normal' will take some time to get used to. Understanding this from the onset will be helpful. If you are a couple, it is always better to move with your spouse or partner so you can make friends and get settled together. For those who are single or widowed, consider this an opportunity to meet many people and make new friends. It won't take long for you to find your niche.

Keep in mind that nothing is ever perfect. Be patient and understanding to the staff and you will soon see that most issues can be quickly resolved. However, if problems persist, it might be necessary to speak up. If you feel that you have made the wrong decision, it is better to seek an alternative living arrangement rather than sticking with something that is isn't the right fit.

For more information, please visit: [www.seniorhousingsolutions.net](http://www.seniorhousingsolutions.net) or call 239-595-0207.



Bruce Rosenblatt  
Owner - Senior Housing Solutions



Professional advice about senior living options

---