

# Making the Move to Senior Living A Step-by-Step Guide

**Once you've realized an older person you care about can no longer live alone, what's next?**

Whether they're experiencing a decrease in mobility, an increase in social isolation or a lapse in personal hygiene, for instance, you need answers. These basic steps can help lead you there.

## Step 1 Have the conversation.



Communicate your concerns patiently and honestly. Ask what the older person needs and wants from a living situation.

## Step 2 Study your options.



Research senior living communities nearby. Compare services, amenities, pricing structure and floor plans.

## Step 3 Visit preferred communities.



Take guided tours of each community. Jot down pros and cons of each based on your list of requirements.

## Step 4 Know your costs and resources.



Get a clear understanding of each community's pricing structure, which financial resources your family can use to cover those costs and for how long.

## Step 5 Provide emotional support.



Reassure your older parent they're making the right move and will stay connected to family and friends wherever they live.

## Step 6 Help with logistics.



Take the opportunity to declutter and downsize while helping your older family member pack. Furnish their new home with familiar items.

## Step 7 Stay involved.



Prioritize staying connected through regular visits and phone calls.

## Step 8 Arrive at a better future, together.



Embrace change and help the older adult you care about enjoy a better quality of life in a safer, more socially connected living environment.

Holiday by Atria offers nearly 200 locations across the United States.

**Find a community near you by visiting [HolidaybyAtria.com](https://www.holidaybyatria.com) or call 800.322.0999.**