



A Guide to Senior Living

Options, answers and advice



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When you're considering the transition to senior living, there's a lot to think through. When's the right time to make the move? Which community is right for you? What level of care do you need? And how will you pay for it? It can feel a bit overwhelming.

You are not alone. This guide, in conjunction with our trusted advisors, can help answer your questions and lead you to a decision that's right for you and your family.



The Benefits of a Senior Living Community

Active Social Life

Senior communities can give you a sense of belonging and keep you engaged. Neighbors can quickly become friends as you share a game, coffee or a simple laugh.

Engaging Community Activities

There are plenty of opportunities for fun, including on-site, organized activities and social outings. Happy hours, clubs, wellness classes and more can keep you busy, fit and involved.

Specialized Apartments

Come home to a private apartment that is built with seniors in mind. You can say good-bye to home maintenance and relax knowing you get the support you need.

Fresh and Healthy Dining

It's easy and stress-free to eat prepared meals that are as healthy as they are delicious—even if you have special dietary needs.



Handy Housekeeping

Take the stress out of day-to-day life with convenient services like cleaning and linen care.

Reliable Transportation

The ability to schedule transportation gives you the freedom to get where you need, safely and without worry.

Individualized Care Plans

If you need additional care, many communities have assisted living options that provide care plans tailored to specific needs, including medication management, nutrition counseling and personal care services—all with 24/7 emergency assistance.

Living Options & Care Levels

Today's senior communities provide a variety of living options and care levels catered to residents' individual needs. This allows residents to choose the right amount of support and services to help them live happy, safe and fulfilling lives. The right option for you might change over time, and a senior community can help you with that evolution.



Independent Living

Independent living combines the ease and comfort of community life with the independence of a private apartment. Whether volunteering, gardening or enjoying an evening at a local theater, residents can engage in the passions they enjoy most. Plus, there is convenient access to restaurant-style dining, scheduled transportation and fun community activities.

This option is ideal for seniors who seek a simpler, relaxing lifestyle but do not require around-the-clock assistance. Residents can expect to meet with staff prior to moving in and then periodically as needed to evaluate ongoing care needs.



Assisted Living

Assisted living communities provide 24-hour staffing and access to care while allowing residents to maintain their independence. Residents can enjoy restaurant-style dining as well as fun, engaging community activities. Trained staff can provide help with personal care, such as bathing, dressing and grooming assistance, as well as housekeeping, laundry, scheduled transportation and referrals for health care services as needed.

Assisted Living Continued...

This may be the best option when more personal care services are needed, but the around-the-clock medical care and supervision of a nursing home are not. Residents can expect a thorough evaluation for staff to create a care plan tailored to their individual needs.



Memory Care

Memory care is a specialized program with trained staff dedicated to help people who have Alzheimer's or other types of dementia. Residents live in a loving environment that is designed to preserve their dignity. By offering sensory care-based programming and helping residents develop daily routines, staff help residents get the most out of life.

Sonida Senior Living communities proudly offer Magnolia Trails™, a specialized memory care program in a homelike environment. By focusing on five pillars of care, we create a distinct approach to serving memory care residents. Learn more at sonidaseniorliving.com/magnoliatrails.



Temporary Stay

Sometimes called a respite care or rehab, temporary stay is available for seniors who need extra support and monitoring for a short period—such as when recovering from a surgery or injury, or while a caregiver is away.

This is also a great way to experience life firsthand at a senior living community. During a temporary stay, individuals enjoy a spacious, private apartment and have access to all of the community's amenities and services.

Planning Resources & Funding Solutions

Senior living communities can seem expensive, but the price includes many wonderful benefits. Plus, there are resources to help you with planning and paying for senior care. These options can provide you and your family the funds you need to access living in a senior community and give you financial peace of mind.

What's included?

Here are some of the community benefits and services you may receive as part of your monthly payment.

- Dining Services
- Scheduled Transportation
- Housekeeping
- Laundry
- Home Maintenance
- Utilities
- Cable and Internet
- Lawn Maintenance
- Snow Removal (where applicable)
- 24-hour Emergency Monitoring
- Engaging Activity Programming
- Community Events
- On-site Fitness Rooms (or wellness programming)

VA Aid & Attendance Pension Benefits

The Veterans Aid and Attendance (A&A) Pension provides benefits that reduce the cost of care for veterans and surviving spouses who require assisted living. The amount paid varies, so we encourage you to consult with an advisor who is authorized by the Veterans Administration.

Learn more at <http://militarybenefits.info/veterans-pension-rate-table/>.

Bridge Loan Program

Elderlife Financial Services offers efs:Access, a loan structured as a line of credit with low monthly payments. An efs:Access loan can be used to help pay rent while waiting for money to arrive, finance move-in fees or supplement monthly rent.

Learn more at www.elderlifefinancial.com or call the toll free number, 1-866-880-3084.

Convert Your Life Insurance Policy with Life Care Funding

Life Care Funding may be able to convert your existing life insurance policy into an immediate Life Care Benefit Plan to pay for the cost of senior living care.

Visit www.lifecarefunding.com or call 1-888-670-7773 to help determine if your life insurance policy can fund your senior care.

Feeling overwhelmed? Let our trusted advisors help you. Visit sonidaseniorliving.com/trustedadvisors.

Connect with a Trusted Advisor

When you work with a trusted advisor, you not only get free expert care and guidance, but you get an empathetic, trustworthy partner to walk with you during your entire search and decision process. Together you will work to find the right fit for your next home.

Expert Advice

Our trusted advisors all have firsthand experience working in our senior living communities. There's no question they can't answer themselves, or they will find the answer for you.

Help from Start to Finish

From the initial conversation through your move-in day, your trusted advisor is your partner. You can turn to your advisor with questions and seek advice at any time during your search.

Answers You Need

Your trusted advisor will help you determine the following and more:

How do you start the conversation and navigate family dynamics?

What's the right level of care and services?

What amenities will enhance your loved one's senior living experience?

How will you pay for senior living?

How can you simplify the move-in process?

Easy, 5-step process

Our straightforward yet thorough process starts with your needs so we can find the right community match.

Step 1 - Determine your needs

Step 2 - Get recommendations

Step 3 - Tour communities

Step 4 - Review options

Step 5 - Enjoy a smooth transition





At Sonida Senior Living, we bring quality senior living to life by focusing on what matters most. We provide comfortable, safe, affordable communities where residents can form friendships, enjoy new experiences and receive personalized care from dedicated team members who treat them like family.

Discover a senior living community near you.

Visit sonidaseniorliving.com.

Find your joy here™

