

# Planning for your best future starts today

## *A Decision Making Guide from Friendship Village of Dublin*

### **When you think about your future years, do you feel uncertain?**

Sometimes all we need is the right information to turn planning for the future from an uncertain prospect to one of excitement and confidence. This senior living checklist from Friendship Village of Dublin will shed light on the process and help point you in a direction that is right for you! After all, this is your retirement... you've earned it.

*Take a few moments to review this checklist and find the right type of senior living accommodations to meet your individual needs.*

- I am fully capable of living independently anywhere I wish
- I come and go as I please and decide when I want to eat in or out
- I love to travel and take off for a weekend, a week or even a few months, when the travel bug hits me
- I may have a few aches or pains, or even a chronic illness or two, but they don't get in my way
- I love to be around friends and meet new people - I never want to feel isolated or alone
- I want the security of knowing I'm surrounded by people I trust who are there when I need them

**Sound familiar? Then independent living homes and apartments at a continuing care retirement community (CCRC) or Life Plan community might be a great fit for you. And it's important not to put off a decision like this, but rather to do it early so you have time to enjoy the best benefits of community life.**

- I have a plan for all the "what if's"
- I love my house and never want to leave it
- I have no interest in downsizing or getting rid of my stuff.
- I know there are good senior communities out there, but it's just not for me
- I'd like to have a plan for my future care, but I certainly don't need any help just yet

**If this sounds like you, you may benefit from learning more about a continuing care retirement community (CCRC) at home program such as Friendship at Home**

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- I know I can live safely alone, but I'm not quite as independent as I used to be
  - I can drive, but I find it more stressful than enjoyable
  - I am ready to let someone else do the cooking occasionally
  - I have mobility challenges that have slowed down my travel habit
  - My memory may not be everything it was a few decades ago, but then whose is?
  - I forget to take my pills about as often as I remember to take them

**If this sounds like you, you may still be a candidate for independent living, but you may benefit from some home care services to help keep you at your best. And it's important to make a decision soon, before you no longer qualify medically to enter a senior living community.**

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- Yes, technically I can still dress and take care of myself, but it's not easy
  - My adult kids worry about me being on my own
  - Doing the laundry is exhausting
  - I'm afraid of the stairs in my home
  - Reaching my shoelaces is a challenge
  - I've left a pot on a hot stove - and then left the house - more than once
  - Sometimes I forget to eat
  - My judgement may not be what it was. I'm not as careful as I used to be about opening the door for a stranger - or giving telephone callers personal information
  - I'd rather take a sponge bath than risk falling getting in or out of the shower
  - Sometimes I'm not sure it's safe to live alone anymore

**This is not as easy to predict. You may need supportive services in your home, or you may want to consider moving to an assisted living residence. A decision like this should be considered with the help of someone experienced in doing home assessments. You have options.**

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- If I need care, where will I go?
  - I've been in the hospital for surgery, because of a stroke or for some other acute incident
  - Before the incident, I was fine living at home - and I'm confident I will be again once I've had a chance to heal
  - I need therapy or skilled care for a few weeks before I can be safe at home again - but the hospital is ready to discharge me

**You're ready for a relaxing stay at a rehabilitation and skilled nursing facility like the Rehabilitation and Health Center at Friendship Village of Dublin. They'll help get you functioning and feeling good again, then send you home where you belong.**

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- I've been at the hospital with a stroke or other serious illness
  - Therapy may help make it a little better for me, but realistically I will always need more help and care than I have in the past
  - I know I probably won't be able to live alone safely anymore

**You may benefit from rehabilitation and skilled care for a while, but then you're probably a candidate for Assisted Living or long-term care. You have choices and our caring team is here to help you talk through your decision.**

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- I want to keep my spouse or loved one at home with me, but I have a job and can't be there as much as I'd like
  - I'm retired, but caring for my spouse full-time is exhausting
  - I have other daytime responsibilities, but really want Mom or Dad to be home with me in the evening and on weekends
  - I know I really can't afford permanent placement, but a couple hundred dollars a week would be doable

**Adult daycare might be the perfect solution for you. LeadingAge Ohio may be able to provide a referral.**

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- I am struggling with my role as caregiver to a loved one with dementia
  - I'd prefer to keep my loved one home with me, but the constant fear they will go outside and get lost means I can't sleep.
  - That continuous, energetic pacing is driving me slowly insane.
  - I just can't do it all anymore. It's simply too much.

**You are not alone. Memory support services may be needed for your loved one — whether at a comprehensive senior living community, through an adult daycare program or even at a specialized, stand-alone memory care facility.**

**In addition, you may benefit from temporary short-term breaks in your caregiving, such as Respite Care services available from top senior living communities.**

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*If your life and circumstances don't fit neatly into one of these categories, don't despair — please give the folks at **Friendship Village of Dublin** or **Friendship at Home** a call, or reach out to **LeadingAge Ohio**. The help, support and advice you need is only a phone call away.*



614-764-1600

614-734-2167

614-444-2882