

# ***“Stop Worrying, Start Living”***

## **Free Educational Workshop Series**



## **Workshop: Housing & Senior Living Options**

Are you, or a loved one, considering moving to a retirement community or smaller home? Are you looking around your home and thinking, “How will I ever get out of here? I have so much stuff and so many decisions!” Understandably, it can seem overwhelming to consider downsizing a lifetime of treasures and memories. Truth is, downsizing and making the move to retirement living really can be a positive experience. With some careful planning, trusted resources, and a clear vision of your goals, downsizing can be easier than you would think. In this workshop you will learn some great tips as well as ideas on how to take the stress out of what, to many, may seem the biggest obstacle when considering and planning to move to a smaller setting.

This program provides an overview of the myriad of options. The housing and retirement options and terminology are confusing and can vary from region to region. Among others, questions that will be answered include:

- What is a retirement community?
- What about assisted living?
- How do I decide?

It is important that you understand the facilities offered, level of care provided and costs involved when researching these options. Good planning and an understanding of your needs can help to ensure a quality of life as you age. Before you start your search for senior living options, ask yourself these key questions:

- What do I need to know?
- What's the best way to get accurate, objective information?
- How would I like to describe my personal successful outcomes a year after move-in?
- Can I afford to live at the community-both now and in the future?
- Can I make the important distinction between price and value?

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For more information ocontact OneSource For Longevity Readiness ([www.lifeplan123.org](http://www.lifeplan123.org)), a non-profit organization that provides free educational resources for better living  
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