

# You may be more ready than you think.

When asked about moving to a senior living community, one of the reasons older adults often give for not making the move is, “I’m not ready yet.” But when you talk with the residents of a community, their overwhelming sentiment is, “I wish I would have done this sooner.”

While you may think you’re too young, or that you’ll move later when you need to, here are a few things to consider:

- Are you ready for fewer responsibilities?
- Are you ready to give up the chore of home maintenance and upkeep?
- Do you want to socialize and travel more?
- Or maybe learn a new hobby?
- Would you like to decide your future rather than have your family decide for you?

If the answer is “yes” to any of these questions, you may be more ready to move than you realize.

## *What are the benefits of a community?*

While it’s true choosing a senior living community like Peace Village can give you access to higher levels of care if you need it, there’s more to a community than just their health care. Moving now can give you access to a more active and social lifestyle than you’re able to enjoy from your home right now.

- More possibilities: Communities offer a wide array of helpful services and thoughtful amenities that give you more freedom to pursue your interests. Take an art or fitness class. Socialize with friends. Or even travel knowing your residence will be looked after while you’re away.
- More wellness opportunities: Exercising, eating well and pursuing other wellness objectives can be difficult on your own. A community with a strong health and wellness philosophy already has available classes and menu options that make meeting your goals easier and more convenient.
- More friends: As time passes, how has your neighborhood changed? Have friends moved away? A community can offer you a wide array of interesting neighbors who quickly become friends along with a calendar full of fun and interesting clubs, committees and activities.

## *Is it possible to wait too long?*

Who knows what the future holds? Yes, you could be in great health today and plan to move to a community someday. Or you could wait to move to a community when you need it, but who will decide? Here are three reasons why you may want to make up your mind sooner rather than later:

- Control your lifestyle: To move to an independent living community, you have to be healthy enough to truly live on your own. Some people wait too long and experience an unexpected health issue. And while they expected to move into independent living, they end up only qualifying for assisted living.
- Control your floor plan: If you want a specific type of residence or floor plan, waiting could mean you miss out on your preferred residence. Or you may have to be placed on a waitlist until the residence you want becomes available.
- Control your future: Deciding to move now gives you more control over your future. You can pick the community that best fits your lifestyle and budget. Plus, choosing a community that has access to health services takes the worry and uncertainty off your loved ones.

## *Ready to explore your options?*

Seeking information isn't the same as deciding. By doing some research now, you'll be better prepared to make a more informed decision when the time comes. If you'd like to learn more about your senior living options, or how Peace Village can fit into your lifestyle and budget, give us a call at (708) 361-3683.



**PEACE VILLAGE**

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