

INDEPENDENT LIVING Checklist

Today's seniors face challenges as they age, such as maintaining their homes, getting out and about, and connecting with friends and family members.

Independent living communities allow you or your loved one the freedom to pursue joyful, healthful living, while taking advantage of activities and opportunities to build friendships. Use the checklist below to guide your tours of independent living communities. At the end of the day, can you see yourself or your loved one living life there?

Community

- What is the provider's background and experience?
- How do you ensure the quality of your care and services?
- Is your community accredited by any recognized private accrediting organization?
- How many residents do you have?
- What is the demographic makeup (ie, age, marital status, male-female ratio, etc.)?
- At what point would my loved one have to move into assisted living?

Location/Setting

- Is the community located in a safe and convenient area?
- Does the setting align with your or your loved one's wishes (e.g., peaceful or urban)?
- Is the community close to family and friends?
- Are cultural activities and restaurants located nearby?
- Is the environment warm and inviting or cold and unfriendly?

Costs

- What type of contract is it and what are the details?
- What is the monthly cost and what services are included?
- When do costs increase and by how much?
- Are there move-in fees or security deposits?
- Do fees change when living arrangements or level of care changes?
- Are there renter's insurance requirements or community maintenance fees?

Staffing

- How many staff members do you have and what's the ratio of staff to residents?
- Is the staff friendly and receptive?
- What type of training does your staff complete?
- How do staff members communicate or manage emergency situations?

Meals/Dining

- Is there an on-staff nutritionist or dietitian who plans meals?
- Is there on onsite professional chef?
- What are mealtimes or dining hours? Are meals or snacks available outside those hours?
- Is the food appetizing and the dining room appealing?
- Is there a kitchen, either in-unit or onsite, for residents to cook their own meals?
- Can you accommodate certain dietary restrictions or preferences?
- Can family and friends join for meals? If so, is there an additional cost?

Living Units

- What types of accommodations are available? How large are they?
- What services are included in the price (e.g., utilities, electricity, cable TV, Internet, etc.)?
- Are there options for housekeeping and laundry services? How much are they?
- Is outdoor maintenance/gardening included?
- Who is responsible for maintenance and repairs?
- What is the policy on pets?

Amenities & Activities

- What types of amenities are available (e.g., beauty shop, library, computer room, etc.)?
- What activities are available and do they align with your or your loved one's interests?
- How do residents know when activities take place and how to participate in them?
- Who plans activities and are residents' needs considered?
- Can family and friends help plan and/or join in on activities?
- Can residents establish their own committees and clubs?

Health & Wellness

- Do you have a gym or fitness center? Is there a trainer or instructor on staff?
- What sports/recreational activities are available onsite (e.g., golf, tennis, etc.)?
- What sports/recreational activities are available nearby?
- Are there walking paths?
- Is there a swimming pool, hot tub, or spa?

Transportation

- Can residents bring their own vehicles? Is parking provided or is there an additional fee?
- Does the community provide transportation for residents?
- Is there a limit on how far you can go or how long you can be gone?
- Is it limited to certain areas, places or times?
- Do transport drivers have the appropriate licensing?

Safety

- What kind of safety features are in place (e.g., grab bars, emergency call buttons, etc.)?
- Are there emergency alert systems?
- Do you have staff on hand 24/7 in case of emergency?
- What are your plans in case of natural disaster? How will I be notified?

Residents' Rights

- Is there a resident council? How are complaints and disputes handled?
- Do they have input into facility management, activities, meal planning, etc.?
- What if you want an exception to a policy or to routine scheduling?
- What role does family play?

Helping Your Loved One Live Joyfully at Astral at Auburn

Astral at Auburn offers a welcoming and supportive environment where your loved one can celebrate life. From making residents' health and safety a top priority to providing fresh, chef-prepared food to enjoying the outdoors on our scenic campuses, we're here to help your loved one experience more of what they love.

If you're ready to help your loved one take the next meaningful step in their aging journey, we're here to help. Contact us today to learn more about the Astral at Auburn lifestyle.

