



# WHY CONSIDER A SENIOR LIVING COMMUNITY?

If most individuals understood the range of senior living options that are available today and the top-notch care that is delivered in these thoughtfully designed, modern, exceptional communities, the number of seniors enjoying life at a senior living community would likely be much higher. We have gathered some of the objections that we often hear and included a living expenses cost comparison worksheet to weigh the benefits that you or a loved one may gain from living in a retirement community.

## FAMILIARITY AND INDEPENDENCE

Senior Living is a big change that many put off because they may have misconceptions of what senior living communities are like or they are afraid of losing the familiarity of their home. Additionally, many believe they can be more independent at home, which may be true for the immediate future, but over time and without proper planning, there is a risk of becoming less independent while living at home. There may also be an increase in isolation, inactivity and loneliness that some seniors are prone to while living in their homes. Our communities are designed with all of the comforts of home, plus additional benefits that cannot be gained from living in a single-family home.

## MOVING

A difficult obstacle can be the idea of moving, downsizing your possessions and overcoming the anxiety of living in a new community. With the aid of downsizing experts, senior move managers and community move-in coordinators, much of these perceived hassles can be handled with ease. Many seniors move into one of our communities and tell us they wish they would have done so earlier.

## LIFESTYLE AND WELLBEING

It is also important to carefully weigh the “intangibles” - meaning all the other factors that impact a senior’s lifestyle and well-being. These factors include companionship and social outlets, opportunities to safely enjoy the outdoors, access to transportation, as well as whole-person wellness. At Kisco communities, wellness is truly the combination of many factors and experiences that strengthen the mind, body and spirit. We practice the six dimensions of wellness, which include: physical, spiritual, intellectual, social, emotional and vocational.

## DINING

At Kisco, our dining program goes above and beyond expectations. Every community provides daily restaurant-style cuisine with a wide variety of delicious, thoughtful, and healthy menu selections prepared by accomplished executive chefs. Many communities have additional dining venues and bistros for opportunities to share a meal with friends or enjoy a quick bite before heading out for the day. Our innovative Taste, Travel, Explore<sup>SM</sup> way of life celebrates diversity of cuisines and cultural wellness, inspiring residents to take part in seasonal events embracing foods, activities and wellness practices from around the globe.



## AFFORDABILITY

Is living at home more affordable than a senior living community? To accurately calculate a comparison of costs between home health care and a senior living community, be sure to add all of your “at home” living expenses to the cost of home health care in your area and then compare this total budget number to the monthly fee at a senior living community.

Many costs are included in the monthly fee at our senior living communities where personal care is available, along with restaurant-style dining, housekeeping and laundry services, programs for social well-being, fitness, cultural and educational pursuits, transportation, and most importantly the peace of mind that you'll feel.

As a guide, here is a comparison of expenses that can help you calculate your own:

Current Monthly Expenses	Your Home	Senior Living Residences
Monthly Mortgage, Property Tax, Rent Payment	\$	\$
Utilities (Electric, Gas, Water, Sewer, AC)	\$	Included
Exterior Maintenance (Lawn, Trash, Plow, Paint)	\$	Included
Interior Maintenance and Home Repairs	\$	Included
Housekeeping	\$	Included
Linen Service (Washer and Dryer Available)	\$	Included
Transportation (Gas, Insurance, Repairs)	\$	Included
Groceries / Cost of Meals	\$	Included
Exercise and Wellness Programs	\$	Included
Entertainment, Social and Cultural Programs	\$	Included
24-Hour Emergency Call Service	\$	Included
24-Hour Building Security with Someone Awake	\$	Included
Peace of Mind	\$	Priceless!
<b>TOTAL \$</b>		\$

At Kisco, we're here to make your decision simple while educating you on your senior living options, not only in our community, but in the competition, or options to remain at home if that is what makes the most sense for you and your family. To learn more about the closest Kisco Senior Living community near you, please visit [KiscoSeniorLiving.com](http://KiscoSeniorLiving.com) and select Living Options.