



A FAMILY'S SENIOR LIVING PLANNING CHECKLIST

Be Prepared Before You Need It

Planning ahead does not mean you are ready to make a move. It means your family will know where to start if circumstances suddenly change. Use this checklist to begin the conversation.

Talk About What Matters

- ☐ Have we asked Mom or Dad what they want as they age?
- ☐ Have we discussed what would make daily life easier?
- ☐ Do we know what they are most concerned about?
- ☐ Have we talked about what independence means to them?
- ☐ Do we know what would make a new home feel comfortable?

Pay Attention to Changes

Have we noticed:

- ☐ Falls or balance problems?
- ☐ Medication mistakes?
- ☐ Changes in eating or weight?
- ☐ Memory changes?
- ☐ Increased loneliness or isolation?
- ☐ Difficulty bathing, dressing, or grooming?
- ☐ Trouble maintaining the home?
- ☐ Increased hospital or emergency room visits?
- ☐ Caregiver stress or exhaustion?

Know Your Options

- ☐ Have we researched in-home care?
- ☐ Do we understand the difference between assisted living and memory care?
- ☐ Have we toured any senior living communities?
- ☐ Do we know what level of care may be needed?
- ☐ Do we understand what happens if care needs increase?

Understand the Costs

- ☐ Do we know the current cost of staying at home?

Consider:

- Mortgage or rent
- Utilities
- Groceries
- Home maintenance
- Transportation
- In-home caregivers
- Medication management
- Emergency response systems
- ☐ Have we compared those costs with senior living?
- ☐ Do we know whether there is long-term care insurance?
- ☐ Have we identified other financial resources that may help pay for care?

A FAMILY'S SENIOR LIVING PLANNING CHECKLIST, CONTINUED

Get Important Information Organized

- ☐ Medical power of attorney
- ☐ Financial power of attorney
- ☐ Insurance information
- ☐ Medication list
- ☐ Physician contact information
- ☐ Emergency contacts
- ☐ Legal documents
- ☐ Financial information
- ☐ Long-term care insurance policy, if applicable

Questions to Ask When Touring Assisted Living

- ☐ What level of assistance is available?
- ☐ How are care needs assessed?
- ☐ How often are care plans updated?
- ☐ What is included in the monthly cost?
- ☐ What additional fees could apply?
- ☐ What are meals like?
- ☐ What activities are offered?
- ☐ How are medications managed?
- ☐ How is the family kept informed?
- ☐ What happens if care needs change?

Have a Family Plan

- ☐ Who will be involved in decisions?
- ☐ Who will be the primary family contact?
- ☐ What would we do if Mom or Dad could no longer safely live alone?
- ☐ Which communities would we call first?
- ☐ What are our top priorities for care?

One Important Reminder

YOU DO NOT HAVE TO MAKE A DECISION TODAY.

Being prepared simply means knowing your options, understanding your loved one's wishes, and having a plan before an emergency happens.



Mustang Creek Estates

RESIDENTIAL ASSISTED LIVING & MEMORY CARE

Prepared Today. Peace of Mind Tomorrow.

Knowing your options now can make future decisions a little easier. We're here to answer questions and help your family know where to start.

ALLEN
469-307-9468

BURLESON
817-205-3772

FLOWER MOUND
469-975-7537

FRISCO
469-863-2697

KELLER
817-372-1773

SACHSE
469-910-2330

www.mce.care