



## Planning Your Next Move

By Kaye Sharbrough

**I am a teacher by training and inclination. I still hold a valid California teaching credential. I no longer teach children but am now teaching adults and their families about Senior Housing. I love doing this. By teaching we give individuals the power of knowledge. With that knowledge individuals are better able to evaluate, plan, make good judgments and prepare for their futures.**

Education is not just for preparing for a job or learning a skill. Being educated about options as you age is something that most people postpone until it is too late. And then emergencies happen and less optimal paths may need to be taken.

No one wants to have to think about getting frail, old, forgetful or any of the assorted ignominies that occur as we age. Yet, the more you know about your health history, the more realistic you are about your future. The more you know about options for where you can live and how you can get care if needed, the better prepared you will be.

This issue of A050 with its Senior Housing information is a good start. Read it from cover-to-cover. You need knowledge about:

- How long can I remain in my current home?
- When will I need to move if I need more care?
- What will it cost me to have care come into my current home?
- What will it cost me if I move to a senior home or community?
- Which home or community would be good for me?
- Which home or community would I like?

- Would I prefer to live here or be elsewhere near family or friends?

You also need knowledge about what Senior Housing is and what it includes. For instance, did you know that in a senior community your monthly charge usually includes:

- Most utilities (with the exception of telephone and maybe fancy cable channels)
- Weekly housekeeping
- Weekly linen service
- All or most of your meals in a restaurant-style dining room and a snack or bistro-style area
- 24 hour security and an emergency response system
- Exercise and wellness programs with classes, walks and talks
- Social activities, new friends, programs, movies, local sight-seeing trips, parties, classes
- Scheduled transportation to local shopping & doctor's appointments
- All maintenance of buildings, grounds, gardens inside and outside your apartment

So, knowledge is power. Get all the knowledge you can so that you can be the power over your own future.

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**To learn more about senior housing options, call Kaye Sharbrough at 877.373.6467 or visit [seniorseasons.com](http://seniorseasons.com).**

**FREE!**

## SENIOR HOUSING ADVICE?

Need help selecting the Senior Community that is best for you? Whether it's an active retirement community or caring support that you need, we can help you choose.



Senior Seasons **877.373.6467**  
Home Referrals and Resources

[www.SeniorSeasons.com](http://www.SeniorSeasons.com)