

Life gets better.®

Navigating The Maze Of Senior Living Options

*Guidance for making the right decision
for you and your family*



COUNTRY MEADOWS
RETIREMENT COMMUNITIES

For many retirees and their family members, choosing a retirement community lifestyle is an easy decision. They like the idea of having no responsibility for home maintenance and feel a retirement community will give them more independence to engage in their favorite activities. They also look forward to forming friendships with other seniors who share similar interests.

For others, the decision is more difficult. They feel they can only be content and independent in their current home, cherishing the memories made there and taking pride in home ownership. And some retirees assume that, cost-wise, a retirement community isn't affordable. Understandably, the decision to move, or not to move, can be distressing.

ENTERING



the MAZE

Senior living comes in many lifestyles today—maybe even some you aren't aware are available. When it comes to finding and understanding the wide range of options, levels of care and financial commitments, it can be overwhelming, with families feeling like they're in a maze with no end in sight. For some individuals or couples, aging in place (in one's own home) may be the right choice, possibly with in-home care. Many others would benefit from moving to a retirement community. But even then, within that community, which service options would be most appropriate?

At Country Meadows Retirement Communities, we understand this confusion and realize that such personal decisions depend on many factors, some of which are unique to individuals and their families. This guide is intended to help seniors and family members navigate the maze of senior living options as they try to decide which is the right one for them.

So many choices

Confusion and frustration for older persons and their families can arise when they don't understand the differences between various lifestyle and service choices. Though the process really isn't so complicated, it can feel that way if you're not familiar with the different options and what they entail. The decision-making process can be touchy as well, with the emotions that accompany the prospect of leaving your long-time home for a new, alternative way of living.

Our goal is to provide you with need-to-know, simplified information about lifestyle options open to seniors, as well as care levels available to those who can no longer live with total independence.

Guidance from experts at Country Meadows

"Waiting until the last minute to make a decision—when a health or family crisis occurs—causes undue stress that takes an emotional toll on everyone during an already tense time of dealing with the crisis. Best to start talking with your family now when you can proactively and collaboratively plan."

(Michael Leader, President & CEO,
Country Meadows Retirement
Communities)

COMMON INQUIRIES FROM FAMILIES

We have helped many families over the past 30 years. While each situation is different depending on the particular needs of the retiree and family, the following actual comments reflect some of the most common circumstances we've discussed with families:

"My husband and I live independently but do not want the constant maintenance headaches of our current home ownership. We would like to find a place where we can socialize with others our age."

"My brother, sister and I are investigating for our mother who is falling quite often. All of us work full-time and cannot continue to attend to her physical needs."

"My mother lives alone, and I feel she is becoming too isolated from people and activities. I would like information about the cost of independent living for her. She is still driving, shopping, etc."

"My husband has Parkinson's disease and needs assistance with activities of daily living. I have been his caregiver for the past two years and am concerned about my continuing ability to care for him. We are seeking a place where we can be together and have our individual needs met."

"I'm in need of information about assisted living with memory support for my grandfather. I don't believe he can live by himself any longer. I don't know where to begin."

What is your best option?

The right choice for you or your senior loved ones will depend mostly on health and degree of independence. Being honest with yourself about each of those areas will enable you to determine your best options: private-duty home care, home health care, a continuing care retirement community, independent living, assisted living/personal care, memory care, restorative care or skilled nursing care.

Senior Living Options

Lifestyle options and care levels

These are brief descriptions of the most typical services and care. See page 14 for a needs-based evaluation tool to help determine which is best for you or your loved one.

Private-duty home care

Private-duty home care agencies offer daily services to help seniors remain independent and safe within their own private residences. Such services include dressing, bathing, medication management, light housekeeping, meal preparation, transportation and companionship.

Home health care

Home health care agencies provide skilled nursing care to seniors following hospitalization or during recovery from surgery, generally several times per week. Care is delivered by registered nurses, physical therapists, occupational therapists, home health aides and medical social workers.

Assisted living and personal care

Assisted living and personal care offer senior community residents individualized assistance with daily activities such as dressing, bathing and medication management. Accommodations typically include an apartment, three meals per day, social and activities programs and round-the-clock support from trained staff.

WHAT'S THE DIFFERENCE BETWEEN ASSISTED LIVING AND PERSONAL CARE?

The answer actually depends upon the state in which a retirement community is located. In Pennsylvania, personal care homes (PCHs) and assisted living residences (ALRs) are both licensed by the Commonwealth of Pennsylvania; however, they vary in the depth of care provided. A PCH provides housing, meals and assistance with medications and personal care tasks. An ALR can offer several skilled care services (such as IV care under RN supervision) to supplement the non-medical services available in a PCH. Residents may be able to age in place for a longer time, making care in a skilled nursing facility unnecessary. In order to be licensed in Pennsylvania as an ALR, several higher level requirements for the structure and staff must be met. Maryland, on the other hand, offers the option of multiple levels of care within a licensed ALR.

Senior Living Options *continued*

HOSPICE CARE

When someone is in the last stages of a serious illness, hospice care can be a lifeline to both the individual and the family. Trained and compassionate hospice staff provides health care services to the dying person as well as emotional and spiritual support, which also is extended to family caregivers. The goal is to offer comfort and a better quality of life for everyone impacted by the illness.

Hospice staff is usually available to patients and their families for a few hours a day and 24 hours/day by phone. For that reason, hospice care works well in combination with other options, such as in-home care or care at a retirement community. Country Meadows encourages hospice care for residents when appropriate and works cooperatively with area hospices and families to arrange for that care.

Continuing care retirement communities (CCRCs) or life plan communities

These types of communities offer tiered senior living options, giving retirees the opportunity to begin with independent living and transition to personal or skilled care within the same community if their need for care increases. Many offer life care, ensuring a senior's health care needs are met for the rest of his or her life. They usually require a substantial buy-in which may or may not be refundable.

Independent living

Independent living at retirement communities gives active, older adults who need no assistance the opportunity to enjoy apartment or cottage living without the burdens of home ownership. Services may include transportation to appointments and shopping, social programs, regular meals, housekeeping, maintenance and security measures.

Memory care

Memory care services deliver personalized therapeutic care to residents of retirement communities with early- to late-stage memory loss caused by Alzheimer's disease and other types of dementia. Socialization and cognitive stimulation help to maintain memory function and address emotional issues like confusion, anxiety and loneliness. For individuals with advanced memory loss, communities offer a secured environment to keep residents safe.

WHAT DOES MEDICARE COVER?

Restorative care

Restorative services provide support to senior community residents who need a short-term stay to convalesce after surgery or assistance to manage a chronic condition. Customized care plans help to provide a better quality of life, generally with access to physical, occupational and speech therapies.

Skilled nursing care

Skilled nursing facilities (or as some people refer to as “nursing homes”) deliver round-the-clock, long-term health care services as well as comprehensive, short-term rehabilitative therapy within a community setting.

Families are often eager to learn which senior living options Medicare will help cover. Only medically based senior services— home health care and skilled nursing care—are covered by Medicare, and then only for a limited time.

Before beginning home health care, families should find out from the agency how much Medicare will pay and what the cost will be for any services not covered. The agency should provide a Home Health Advance Beneficiary Notice before providing services and supplies not covered by Medicare.

For skilled nursing care, Medicare Part A covers 100 percent of the costs for the first 20 days for persons who meet Medicare’s eligibility requirements. (see Medicare.gov.) Some services delivered during days 21-100 may be covered by Part A, contingent upon benefits verification. The remaining portion not covered, the co-insurance, may be paid by secondary insurance but is not guaranteed.



AMERICANS OLDER THAN 65 LIVE ALONE

as do half of those over 85.

Loneliness can accelerate cognitive decline

in older adults, and isolated individuals are **twice as likely to die prematurely** as those with more robust social interactions.

(Source: Khullar, Dhruv. “How Social Isolation is Killing Us.” *The New York Times*.)

Senior Living Costs

WHAT TYPES OF COSTS CAN YOU EXPECT?

Buy-ins at CCRCs or life plan communities

Most of these types of communities require a large entry fee or buy-in, plus monthly charges for services. The investment varies depending on the region, type of housing unit, whether you rent or buy, health care needs, the number of residents living in the facility and the type of service contract.

Month-to-month apartment rentals

Month-to-month apartment rentals typically include a service plan covering daily needs such as meals, housekeeping, maintenance, transportation, laundry, cable television, WiFi, social programs and other services. The monthly rental cost depends on the level of care, floor plan and either private or shared accommodations, and can increase over time.

Costs by levels of care

Care at home, unless it is provided 24/7, generally will cost less than care at a senior community. However, most seniors require several hours of care a day to meet their needs. Within a retirement community, rates can vary for the different levels of care, but that depends on the community. And some communities, like Country Meadows, offer all-inclusive rates so everything from care, meals and laundry to cable and social activities are conveniently covered in one monthly bill. As a general rule, cost of care increases with the amount of nursing care needed.

Community fees

Some rental communities charge an initial community fee in addition to the monthly rental fee. This is a one-time cost that varies from community to community and is usually non-refundable.

FINANCIAL ASSISTANCE

Financial aid is available to some seniors, many of whom are not aware of it. These sources of assistance include:

- Veterans Aid & Attendance Pension program for wartime veterans and spouses
- PACE/PACENET prescription assistance program (in Pennsylvania)
- Long-term care insurance benefit claims
- Companion living within shared accommodations

COST COMPARISON

Our cost comparison sheet

When pondering the financial aspects of moving to a retirement community, families should weigh the costs of a community against current living expenses. Research shows that families overestimate the monthly cost of a senior community while underestimating their current monthly living expenses. They may not be aware of their daily, monthly and annual living expenses at home and are surprised to learn that remaining at home may actually cost the same or more. Our website, CountryMeadows.com, features a helpful tool (“Financial Tools”) to compare current living expenses with the cost of living at Country Meadows.

Costs for caregivers

When comparing costs, families also should consider indirect costs, such as those incurred by caregivers, who are typically family members. A

study by the National Alliance for Caregiving found that caregivers spend about \$5,500 per year on food, travel, insurance co-pays and medications. That figure doesn’t include the cost from lost wages when they take time off work to provide caregiving duties. Caring.com reports that 15 percent of caregivers sometimes leave work to attend to caregiving and 30 percent arrive late for work or leave early. That can reduce their pay, creating financial and emotional stress.

There is an emotional cost to caregiving to consider too. Caregivers shared being fearful, anxious, guilty, short on time and neglectful of their job, home, family and even the senior loved one. Not surprisingly, the related emotional strain can compromise caregivers’ own mental and physical health that may send *them* to the doctor or hospital.

- Medicare Supplement, Medicare Advantage and Medicare Part D coverage
- Rent Rebate program (in Pennsylvania)
- Conversion of life insurance into a long-term care benefit
- Federal income tax deduction for personal care or assisted living

Talk to your financial advisor or a retirement community representative for more details.



Is a Retirement Community

Driving forces

Seniors and their families commonly experience a combination of desires or life events that may prompt thoughts of simplifying or improving their lifestyle. For some, it's a wish for less physical work and maintenance-free living. For others, it's a desire to live closer to adult children. Life changes including death of a spouse or partner, loss of a caregiver and lack of socialization are all compelling factors that lead people to adopt a new way of living in their senior years. For family members, a driving force is the peace of mind in knowing their loved one will be safe in caring, compassionate hands.

Medical challenges requiring support

Falls

Many seniors who struggle with ongoing medical challenges find that life is easier for them at a retirement community, where trained health care staff can assist with their daily needs. One of the most common issues threatening their health and safety is the risk of falling, a danger for those having problems with vision, strength or balance. Preventing falls is a top priority at retirement communities, because falling is one of the most common causes of injuries and hospitalization for seniors. Falls can cause disability and even death.

Guidance from experts at Country Meadows

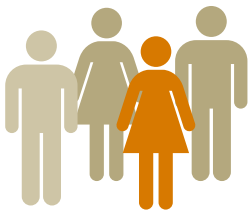
"Many seniors find when they move to a retirement community, they actually become more independent than they had been in their private residence. This is a surprise to many of them and their families. Through resident surveys, we identify classes and activities that appeal to them, and then we develop the well-rounded programs they want from intergenerational activities, spiritual life programs, life-long learning classes and pet interactions to trips, purposeful service projects, socials, clubs and committees."

(Mary Ann Bertucio, Executive Director of Community Life, Country Meadows Retirement Communities)

the Right Choice for You?

To reduce falls, Country Meadows has created a proven falls prevention initiative that provides staff with tools to reduce the number of falls at each campus by enhancing residents' safety and quality of life. If a fall occurs, a staff team identifies the cause and records it in an organization-wide database along with specific details about the fall. Team members determine steps to prevent future falls. The focus is on learning from past experiences to improve future outcomes.

1 in 4 Americans



aged 65+ falls each year.

Every 11 seconds, an older adult is treated in the emergency room for a fall.

Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.

(Source: U.S. Centers for Disease Control and Prevention)

Chronic illnesses

Some of the most frequent ongoing health challenges confronting many seniors are:

- diabetes
- stroke
- dementia
- pain (often due to arthritis or osteoporosis)
- congestive heart failure (CHF)
- chronic obstructive pulmonary disease (COPD)
- caring for wounds, ostomies or catheters
- dysphagia
- blood clots
- incontinence
- impaired mobility

Older persons and their family members may find that daily management of these issues at home is overwhelming and professional health care support is needed. Senior communities have compassionate, well-trained health care staff available to address these issues, and seniors find their quality of life and outlook improve under such attentive care.

More than

54.5% of the senior population

has at least one disability, and a significant number, **37.7%**, **has at least one severe disability**. These numbers increase dramatically for seniors over 80 years old.

(Source: Senior Living University)

OBJECTIONS TO MOVING TO

At times we receive resistance to moving to a retirement community for various reasons. Such reluctance is understandable—moving to a senior community can be a big, even life-changing decision that should be made with considerable thought. These are the types of objections we have heard:

resistance

RELUCTANCE – I'm not ready. I'm doing fine on my own. I like my home and can still manage. Besides, my family helps me out.

PRIDE – I love the beautiful home we created for our family. I'm proud of it and like having people visit me here.

DEFEAT – Leaving my home would mean I'm old and can't take care of myself. That isn't true as I still enjoy my independence.

DENIAL – I can still do most of my chores by myself—I just have to be careful and go more slowly. Yes, I fell recently, but I tripped over my cat. That could have happened to anyone.

UNAFFORDABILITY – My house is paid for, so staying here is cheaper. I don't want to run out of money by moving to a retirement home.

GUILT (OF FAMILY) – I've been taking care of Mom, but I can't do everything for her by myself. I think she would do better in a retirement community, but she gets hurt or upset when I raise the topic. Plus my father made me promise I would never move her to a 'home.'

A RETIREMENT COMMUNITY

We understand all of these concerns and the emotions that lie underneath them. Our experience, though, has shown that these objections nearly always subside after the move and a period of adjustment, soon to be replaced by feelings of relief, contentment and camaraderie. In turn, we hear wonderful, assuring comments like these:

reassurance

RELUCTANCE *becomes* **HAPPINESS** – I'm so glad that I no longer have to care for a big house and yard. I have more time to enjoy life. Why did I wait so long to do this?

PRIDE *becomes* **SATISFACTION** – The staff assisted me in personalizing my new home here and making it comfortable and attractive. The community's larger social rooms, private dining room and patios are available to me for hosting family gatherings.

DEFEAT *becomes* **HOPE** – Everyone here has helped make my life better without invading my privacy. I am still independent but can ask for assistance if I need it.

DENIAL *becomes* **ASSURANCE** – I can still have my personal space, like I did before, but I like knowing that help is available here if a problem arises. I enjoy lots of activities here. And I even brought along my cat!

UNAFFORDABILITY *becomes* **AFFORDABILITY** – I was surprised that my retirement community costs no more than living in my own home, and all of my needs are cared for here. And I just have one monthly bill instead of keeping up with separate bills for utilities, food, cable, maintenance, etc.

GUILT (OF FAMILY) *becomes* **RELIEF** – I am relieved to see Mom adapting well to her new life. She is enjoying new activities and forming new friendships. She likes her meals and appreciates the help with transportation and housekeeping. And I know if she needs it, she will receive the excellent health care she deserves.

the path to

The lifestyle option or level of care you choose will depend on your or a loved one's wants and needs. You will want to assess your personal situation and match it to the living option that is most compatible.

INDEPENDENT LIVING

is generally the right choice for seniors who wish to downsize and leave the worries of home ownership and maintenance behind while remaining healthy, active and independent. Other aspects to consider: Do you miss

socializing with neighbors your age or with similar interests? Do you want peace of mind knowing that professional assistance is readily available if you should need it, say, in the middle of the night?

ASSISTED LIVING OR PERSONAL CARE

is for seniors who are having difficulty with managing daily routines and living safely and independently. Is your loved one going to the doctor or hospital more frequently? Needing help with taking medications? Not eating properly? Having problems with driving, climbing

stairs or managing solicitors? Challenged with household duties? Lacking in social interactions? This type of care can improve an older adult's physical and emotional well-being as well as his or her outlook.

MEMORY CARE

addresses the needs of seniors who are increasingly challenged by confusion, forgetfulness and memory loss. Here are just a few questions to ask to determine a senior's needs:

- Has my loved one been diagnosed with a condition that causes memory loss?
- Could his or her current living environment be unsafe?

- How much can he or she do for himself or herself?
 - Is the care I'm providing beyond my capabilities?
- (For more information, download our free 16-page guide on "Understanding Dementia's Effects on Your Loved One and Family" at CountryMeadows.com/Dementia.)

RESTORATIVE CARE

addresses situations like: "My mom is about to be discharged from the hospital after having a stroke, but her bedroom is on the 2nd floor of her house. She will need short-term care to help regain her strength before she can return home." And, "My husband has Parkinson's disease, and I can't assist him by myself. We need a place where he can have a good quality of

life despite his condition." If your loved one is in one of these circumstances, he or she might benefit from this level of support, which goes beyond assisted living or personal care. And if he or she needs more medical care and supervision 24 hours a day, **SKILLED NURSING** care may be the optimal choice.

What Should You Look for in a RETIREMENT COMMUNITY?

When selecting the “best-fit” retirement community, your family may not know what criteria to consider. When reviewing and evaluating your options, focus on what is most important to you or your family. Here are some guidelines to assist you. (You can find additional tips on our website, CountryMeadows.com, under “Advice,” then “Tips Library.”)

Practical considerations

- Is the community close to family and friends to visit?
- Are visits with residents welcome at any time?
- What is included in the rate?
- How has the community fared in recent state inspections?
- Do residents have opportunities to be taken to the grocery store, bank and out for lunch?
- What transportation services are available and is there a fee?

Quality measures

- Do residents appear neat and well cared for?
- How are medications for residents managed?
- Do residents have adequate access to privacy?
- Is the décor pleasant, the environment odor free and the grounds well maintained?
- What kind of activities are available to residents? Every day of the week?
- Is there variety in meal selections and accommodation for special diets?
- What fitness and therapy services are available?
- What professional training has the staff received?
- Are licensed nurses on staff at all times?
- Does the staff appear friendly, neat and attentive?

Guidance from experts at Country Meadows

“The best way to connect with residents is to get to know them: learn about their past, their likes and their dislikes. Listen to their stories. You will be surprised by the life lessons you learn. My residents inspire my every day.”

(Corrine Kunkowski, Country Meadows Co-worker)

OUR SERVICES

What Makes Us Different

At Country Meadows, we offer all-rental, month-to-month apartments with no buy-in. We provide affordable retirement living with a wide range of programs and amenities. Our all-inclusive monthly service plan includes an apartment, meals, social programs, spiritual life, professional-led fitness activities, housekeeping, maintenance, transportation, laundry, cable television, WiFi and many other services.

PETS AT COUNTRY MEADOWS

We welcome pets!

Many of our residents are happy to learn that their companions are invited to join them in any of our communities.

INDEPENDENT LIVING

freedom to use your time, your way

These Country Meadows residents freely pursue their interests and participate in community activities without the burdens of home maintenance or living alone. Our independent living program is an affordable alternative to the expense of buying into other types of retirement communities. Our all-rental senior independent living communities do not require a large initial investment or purchase plan. You can enjoy the privacy of apartment-style senior living combined with all the premier services of our community.

ASSISTED LIVING OR PERSONAL CARE

assistance to live more independently

Country Meadows' philosophy is to make senior living as easy as possible so that residents can enjoy doing what they love most. Even active seniors may find they need some help with activities of daily living. From assistance with dressing to medication management, our assisted living and personal care residents enjoy programs customized to provide the aid they need.

CONNECTIONS MEMORY SUPPORT SERVICES

compassionate care for those with memory loss

Connections Memory Support Services provides specific assistance and emotional support for residents and their families. Country Meadows is a leader in providing care for memory loss caused by Alzheimer's disease or other forms of dementia. Over the years, our Connections program has

provided care for more than 20,000 people with memory loss. This experience has led us to develop a unique approach that focuses on building bonds and caring for the whole person.

PATHWAYS RESTORATIVE SERVICES™ **customized support for your physical needs**

Short- and long-term assistance is available to people who need more support than found in our traditional personal care setting. Whether recovering from an injury or surgery or living with a chronic condition, Pathways Restorative Services embraces the life-affirming philosophy of focusing on individual abilities and encouraging the awakening of skills and talents. With achievable goals in mind, it is our mission to improve and preserve a resident's independence through a customized plan. (available at most campuses)

MIXED CARE PLANS **support for couples with different needs**

We offer special shared living options, enabling spouses with different care needs to stay together. Accommodations include living independently with a spouse in assisted living or personal care, supporting a spouse's early-stage memory loss in assisted living or personal care, or staying together in a secure memory care neighborhood.

"My mother has dementia, and my father does not. They have been married for 63 years and wanted to stay together. He had been caring for her at home. Everywhere we looked, they would take her but not him. We could not find any facility that would let them live together where she would get the care she needs and he would be completely independent until we found Country Meadows. Country Meadows works to be extremely accommodating to the needs of their residents."

Daughter of a Resident Couple

Family Perspectives

FROM AUDREY, Jean's daughter

I have been getting increasingly concerned about Mom's ability to live on her own. Since Dad died three years ago, she has been going out with friends less and less. As a couple, Mom and Dad were always on the go, meeting friends for dinner, staying involved in various organizations and volunteering here and there. Now, more and more, she stays at home and doesn't seem like herself. I think she could be depressed.

I know the strain of taking care of the home weighs on her, even though my husband and I, along with my brother, stop by regularly to help out. She still drives, but just to the store, hairdresser and sometimes to church. I don't really want her driving, but I wish she were staying active and visiting with friends more often. I have been thinking that she might benefit from life at a retirement community, where she wouldn't be

burdened by the duties of home ownership and could easily socialize with people who share her interests. And then, if her health should change, she would already be situated to receive the professional care she would need. In fact, she already has friends at three senior communities within 10 miles of her home. I would feel so much better if she were happier and more like her old self again.

Finally, last week, I got up the nerve to raise this issue with her. I was surprised that she didn't completely shut me down, as I feared, but seemed reluctant to take any steps toward looking at retirement homes at this time. I think she's having trouble accepting the fact that she is not as independent as she once was. I believe that she views a move to a senior community to be a defeat of some kind, whereas I view it as an opportunity to regain her vibrant life.

Guidance from experts at Country Meadows

"Through our retirement communities, not only are we providing a vibrant and exciting Community Life program for the residents to remain or become active in, but there are many opportunities, inside and outside the community, in which the residents can create friendships and ties to the community where they now reside."

(Mary Ann Bertucio, Executive Director of Community Life, Country Meadows Retirement Communities)

FROM JEAN, *Audrey's mother*

Since my husband Paul died three years ago, I have been more content to stay at home—watching TV, reading, doing crosswords and talking on the phone occasionally with friends. I rarely want to go out socially. I can't pretend that life is the same as when Paul was here and we did so much together. At the same time, the house is too quiet, so I generally have the TV or radio on to keep me company. I often wish that I had someone here to talk with, but if I get lonely, I call one of my old friends. If I'm lucky enough to catch her at home, we chat for a while.

I have plenty to do here—cleaning, laundry, some cooking and baking—but I'm not quite as motivated to do any of those tasks as I once was. I remember when I actually enjoyed taking care of my home, but now it's just something that has to be done, whether I like it or not. I'm a little concerned about my home's exterior. Several areas are in need of repair—I have a handyman whom I rely on for some fix-it jobs, and I have

someone else to take care of the yard. They're a big help, but I'm concerned about the money I spend on those services. And now, I'm thinking of getting someone to clean for me.

My daughter, Audrey, thinks I'm depressed and lonely. I don't know, maybe a little. I do miss being as active as I was when Paul was here, but I'm just not as interested in social activities without his company. I go to church sometimes and see friends there, but mostly I keep in touch with them by phone. Audrey thinks that I should consider a retirement community, that I would be happier there with other people around me. I wish I knew for sure. I have friends who are very happy at their retirement homes. Some even say they wish they had done it sooner. But, I just don't think I'm old enough yet. I don't feel quite ready to give up on my life here at home. If it makes Audrey happy, I might visit one or two places, but I won't make any promises.

Expert Advice

Ready to have the conversation with your family about the next steps in senior living or care? Stop by Country Meadows to pick up a copy of our free 12-page guide, "Talking About Touchy Topics with your Aging Parents (Guidance for Successful Conversations)" or download at CountryMeadows.com/Parents.

Find more guidance for your family by visiting any of our communities or website, CountryMeadows.com, in our "Advice" section under "Tips Library":

Caring for Your Older Loved One and Yourself

- Tips for Touchy Topics with Aging Parents
- The Social Benefits of a Retirement Community
- What to Look for When Considering a Retirement Community
- Is Assisted Living or Personal Care Right for Me or My Loved One?
- Caring for the Caregiver

Our tips also cover the areas of "Dealing with Memory Loss," "Helping Children Understand Dementia" and "Seniors and Pets."

The mission of Country Meadows is to help seniors lead purposeful lives and enjoy independence, friendship and respect.

If you are looking for a retirement community for yourself or a loved one, we invite you to visit any of our campuses in Pennsylvania (Allentown, Bethlehem, Forks in Easton, Hershey, Lancaster, South Hills of Pittsburgh, Mechanicsburg, Wyomissing, York-South and York-West) or Maryland (Frederick).