

## Why Wait to Make the Move?

Check out these five reasons not to delay your decision. A National Lutheran Community

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Moving into a retirement community is a momentous decision that shouldn't be taken lightly. However, delaying the move can come at a cost to your emotional and physical wellness, finances and more. While the reasons for older adults to move into senior living communities are well-known, the benefits of moving in early are equally important but often overlooked. Here are a few reasons why delaying the move could be a mistake:

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**1. You'll enjoy peace of mind for your loved ones.** By moving in earlier than you need to, your family won't have to scramble to find a place for you if the need arises. Searching for a community under time constraints, often as a result of hospitalization, can bring significant stress to you and your loved ones. Moving to The Village at Rockville means you won't have to move again if your needs change. A full continuum of care ensures a home for life and relieves your loved ones of the worry that comes with uncertainty.

**2. You'll get more value for your money.** Delaying your decision could mean missed opportunities, both on and off-campus. The Village at Rockville offers a variety of services and amenities that are yours to enjoy. If you wait until your health problems force your decision, some amenities may no longer be available. By moving in early, you'll have access to all the activities and events our community has to offer.

**3. Socialization is crucial as we age.** Isolation amongst older adults is an increasingly widespread problem, with as many as 28% of adults aged 65+ living alone in 2010, according to the U.S. Census. One of the best things about retirement communities is the community itself! Intimate neighborhoods and shared identities among residents create lifelong friendships. Delaying your move could make it more difficult to establish relationships with other residents. Isolation is not just an emotional issue; it is a social problem that can have a severe physical toll. By moving in early, you can establish relationships that will pay off in the event that you need healthcare in the future.

**4. You'll enjoy a smooth transition.** Moving while you're young and healthy is the perfect time because the longer you wait, the harder it can be to adjust to new surroundings. Relocation Stress Syndrome, a condition that can manifest as anxiety, agitation and confusion, is more often experienced in older adults than in their younger counterparts. Moving in while you're active and healthy can help you avoid unnecessary stress.

**5. It's the healthier choice.** The well-known adage that an ounce of prevention is worth a pound of cure is true. The health and wellness programs at The Village at Rockville are designed not just to maintain current levels of strength but to build upon and improve them throughout residents' lives. Joining our community while you're still healthy is an excellent way to preserve your health.

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