

# Compare Senior Living Benefits with This Handy Checklist



Moving into a senior living community is about so much more than finding a place to live; it's about finding a home that supports your lifestyle, well-being and aspirations. Use this checklist to assess the key benefits senior living communities have to offer.



## 1. Maintenance-free living and conveniences

One of the most significant lifestyle upgrades offered by senior living communities is a maintenance-free lifestyle. This feature eliminates everyday chores, giving residents more time to focus on what they love.

- Are home maintenance tasks (lawn care, plumbing, electrical repairs) handled by staff?
- Does the cost include housekeeping and laundry services?
- Are flexible meal plans or dining options available on-site?

## 2. Opportunities for social connection and community

A vibrant social life helps strengthen a sense of belonging, which directly enhances quality of life during your retirement years. Many senior living communities are designed to foster meaningful relationships by providing shared spaces, group activities and a supportive environment.

- Are there regular events, workshops or classes to participate in?
- Is there a welcoming communal area to meet other residents?
- Does the community offer clubs or groups catering to diverse hobbies (e.g., gardening, painting, book clubs)?

## 3. Health and wellness support

Health becomes a higher priority as we age and different senior living communities provide varying levels of care and wellness services. Ensure your choice aligns with current and future healthcare needs for peace of mind as life's needs evolve.

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Call 301-355-2801 or visit: [www.thevillageatrockville.org](http://www.thevillageatrockville.org)

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- Are services like routine checkups and assistance with medication management included?
- Is there access to medical staff such as nurses and physical therapists on-site?
- Does the community include fitness programs or wellness initiatives such as yoga, walking groups or tai chi?
- Are emergency response systems in place for added safety?

#### 4. Dining experiences and nutrition

Many senior living communities take pride in offering top-notch dining services that cater to their residents' nutritional needs and culinary preferences.

- Are menus varied and tailored to meet dietary restrictions or preferences?
- Are multiple dining venues or experiences available (e.g., formal dining rooms, casual cafes)?

#### 5. Location and setting

The right senior living community feels like home from the first visit. Consider both the geographic location and how the environment surrounds and supports the lifestyle you envision.

- Is the location close to family, friends or important areas like hospitals and shopping centers?
- Is the community situated within a tranquil, scenic environment?

#### 6. Cost and financial clarity

Understanding the costs and what's included is critical to making an informed decision. Senior living pricing structures can vary significantly and transparency is key.

- Are all costs (monthly fees, additional services) clearly outlined?
- Are there flexible payment plans or options available?
- Do they offer financial guidance or assistance?

At The Village at Rockville—A National Lutheran Community, we believe retirement is a time of personal growth and meaningful connection. That's why we've built our services and amenities to provide the perfect blend of freedom, support and community.

**If you'd like to learn more about how we can support your retirement goals, contact us today at [301-355-2801](tel:301-355-2801) for a personalized consultation or schedule a tour. Your next great chapter is waiting.**

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