

Making a Move - Is it Time to Consider a Seniors Living Community?

- ▶ Here is the link to the webinar video if you'd like to watch it again or share it with others:
- ▶ <https://youtu.be/PX9qyEdTPMM>
- ▶ Below are the power point slides as well.
- ▶ Thanks for your interest and support!

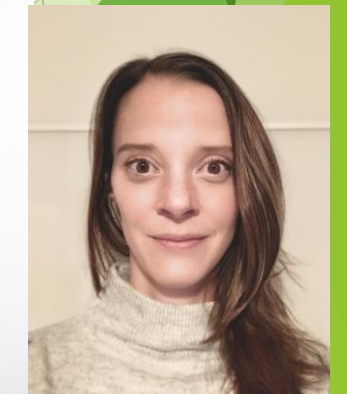
Proactive Seniors

Plan Ahead, Live Well



Who Are All of Us?

- ▶ Advisory Service for Seniors and their Families since 2016
- ▶ Calgary based with a new branches in Edmonton and Kelowna
- ▶ Team of 9 advisors with backgrounds including Seniors Housing, OT, Physio, Home Care/Companion Care, Pharmacy, Nursing, Gerontology, and Personal Assistant.



Our Services

▶ Proactive Seniors Planning



▶ Seniors Housing Support



▶ Dementia Care Coaching



▶ Family Support



▶ Occupational Therapy and Physiotherapy

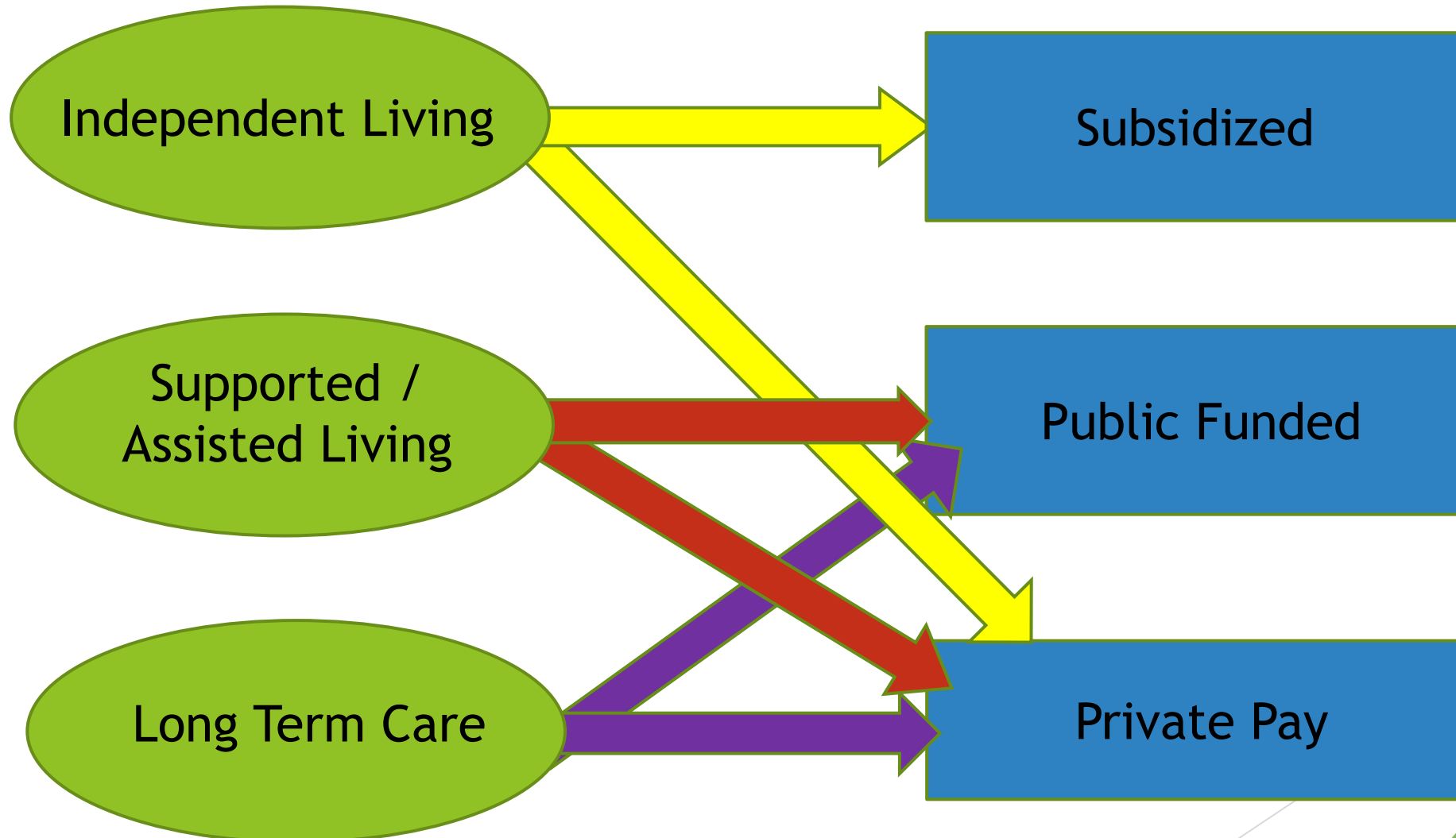




Making a Move

Is it Time to Consider a Senior Living Community?

Quick Overview of Seniors Living Options



Common Challenges With Decision



1. Overwhelmed
2. Misconceptions
3. Downsizing Distress
4. Putting It Off Too Long
5. Guilt

Top Reasons to Move

#5. Lifestyle

#4. To be Closer to Family

#3. Needing Social Interaction

#2. Caregiver Burnout

#1. Not thriving at home



4 Things to Consider

1. **The Aging In Place Concept**
2. **Creatively Mix & Match Public and Private**
3. **Really Understand your Financial Position**
4. **Timing is Important**



Questions?

- ▶ Download a handout or the video from: www.proactiveseniors.ca/education
- ▶ Always feel free to reach out to us if we can be assistance in helping seniors be proactive and well supported.
- ▶ Contact Information: info@proactiveseniors.ca or call 403-809-1971
- ▶ Thanks for joining us!