



# McLean Minute

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## Understanding Senior Living

How do you envision your life in retirement? How do you want to spend your time and what healthcare services will be most important?

### The Key is Planning Ahead

It is never too early to learn about your options and start planning for life in retirement. Be sure to think about what you may want or need (now and in the future) regarding lifestyle, healthcare, and programs and amenities for a safe and fulfilling life. Look at the financial considerations for each option and remember that what is right for one person may not be right for you.

### Independent Retirement Living

Many healthy, active adults first choose to downsize to a retirement community which may include developed neighborhoods, maintenance-free living, recreational activities and amenities, meals, and typically no health care services provided. A Life Plan Community, such as McLean, will offer health services on campus for the peace of mind and convenience as you age. These usually include: Assisted Living, Memory Care, Skilled Nursing and Rehabilitation Services (physical, occupational and speech therapy as well as specialized therapy or support for conditions like Alzheimer's or Parkinson's).

### Assisted Living

Those who need more assistance with daily activities should consider an Assisted Living program that will help with medication preparation and cueing, showering and personal care, all meals and housekeeping. This community living environment will provide 24-hour staff & medical monitoring; activities; exercise, social, and educational programs. Many Assisted Living programs have dedicated and specialized memory care in a secure environment.

### Make the Right Decision

Thinking ahead will help to ensure your safety, well-being, quality of life and peace of mind for you and your loved ones, and will enable you to make the right decision for you when the time comes.

For more information on McLean's residential and community programs, or to arrange a personal tour, please call 860-658-3786, or visit [McLeanCare.org](http://McLeanCare.org).