

# 10 Questions Every Family Should Ask Before Choosing Senior Living

## A guide for families navigating assisted living, memory care, and senior living decisions

Choosing the right senior living community for someone you love can feel overwhelming. This guide will help you ask the right questions so you can make a confident, informed decision.

- 1 1. What level of care does my loved one truly need?
- 2 2. How will care needs change over time?
- 3 3. What is included in the monthly cost?
- 4 4. How does the community support social and emotional well-being?
- 5 5. How experienced and stable is the caregiving staff?
- 6 6. What is the staff-to-resident ratio?
- 7 7. What safety measures are in place?
- 8 8. How close is the community to family and medical providers?
- 9 9. What is the move-in and transition process like?
- 10 10. Does the community feel like the right environment?

Katie Cooney guides families using The Katie Cooney Method™ — focusing on Care, Location, and Budget — to help families move from uncertainty to clarity and peace of mind.

Start with a conversation.

Call Katie: 408-513-7838

Serving Silicon Valley and the San Francisco Peninsula

Katie's guidance is provided at no cost to families.