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## **Making choices as a family.** <sup>[1]</sup>

Many times, the decision to move to a senior living community involves the whole family. The person moving to a senior community wants to involve members of the family for support and affirmation on their decision. Adult children often want to be part of the process, assisting with research and offering guidance. They want to be assured their parents make the optimum move to a community that is safe, secure and where their parent or parents can enjoy an independent, vibrant life.

No matter what choice a family makes together, Lenbrook can be a rich resource for information. As Atlanta's premier senior living community, Lenbrook has decades of experience in making a senior move a successful and positive transition. To start, you can download this [checklist](#) <sup>[2]</sup> of things to take into consideration if you are an adult child helping a parent make a choice. And also, this [brochure](#) <sup>[3]</sup> can be downloaded and offers some real life experiences in the words of a Lenbrook family.

If you are interested in a more in-depth list of questions to ask during your family's search for a senior living community, please fill out this short form and we will send it to you immediately.

### **You may also find these resources of value:**

*A tool to help you calculate the real costs of living in or out of a community*  
[Cost Comparison Worksheet](#) <sup>[4]</sup>

*Teepa Snow, Guest speaker at Lenbrook*  
["GEMS" Positive Approach To Brain Change From Teepa Snow](#) <sup>[5]</sup>

This family decision is a big one, but it doesn't have to be difficult. Lenbrook and their vast resources can help. **Call 404-341-7247 if you need additional information.** One of the knowledgeable Residency Counselors can give you support and help you navigate through your decision process.

### **Lenbrook also recommends the following online resources:**

*Benefits of retirement communities*  
[The Top 10 Changes I Saw in Mom After She Moved Into a Retirement Community](#) <sup>[6]</sup>

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**Links**

[1] <https://lenbrook-atlanta.org/planning/planning-parent>

[2] [https://lenbrook-atlanta.org/sites/default/files/QUESTIONS%20TO%20ASK%20singles\\_web.pdf](https://lenbrook-atlanta.org/sites/default/files/QUESTIONS%20TO%20ASK%20singles_web.pdf)

[3] <https://lenbrook-atlanta.org/sites/default/files/LB%20Family%20Decision%20single%20pgs%206-10-21.pdf>

[4] <https://lenbrook-atlanta.org/sites/default/files/LEN%2017-120%20White%20Paper-Cost%20Comparison%20Sheet-010818.docx>

[5] <https://lenbrook-atlanta.org/sites/default/files/documents/Teepa%20Snow%20Story.pdf>

[6] <http://www.transitionagingparents.com/blog/>