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A Resource Guide for ASSISTED LIVING



How to find the community that's the best fit.



What is assisted living?



Assisted living is a supportive lifestyle that includes housing, assistance with personal care needs, dining and a variety of convenient services and amenities. For individuals who value their independence but can benefit from help with personal care, dressing and medication management, assisted living can provide an ideal option.



It might be time to look at assisted living communities when:

- Daily living actions, like bathing, getting dressed and cooking, are challenging
- Home maintenance (cleaning and yard work) has become difficult to do
- Complex health conditions are affecting your lifestyle or mobility
- Vou are living with anxiety, depression or loneliness
- Early cognitive impairment is impacting your life

How to compare to find the right community



Not all assisted living communities are the same.

Supportive services and lifestyle amenities can be vastly different from one community to another, with many factors to consider, including environment, lifestyle and cost. That's why it's important to do your research, take tours and know what to look for when comparing various communities. We want to help you make the best decision for you or for your family member or friend.

Use this resource guide to keep track of the communities you visit and to compare what each one has to offer. Print pages 4 through 13 to take with you to the community or use this fillable PDF to complete on your computer, tablet or phone.

Amenities & Services

Living life on your terms with a sense of belonging and purpose is what feeling at home is all about. That feeling is enhanced when you have important amenities and services that support your physical, social and emotional well-being — options that can include self-care and engaging in social events, the convenience of housekeeping and transportation services and the support you need to live as independently as possible.



Amenities & Services	Mansions	(community name)	(community name)	Your Notes
Outdoor areas				
Pet friendly				
Scheduled transportation				
Fitness				
Salon/Spa				
Housekeeping, laundry, linens				
Library				
Game room				

Dining

Food is more than just nourishment. It should be chef-prepared cuisine with all-day anytime dining that lets you savor a truly wonderful entrée whenever it suits you. It should be served by a friendly team that is always welcoming and will take the time to get to know your dining preferences and dietary needs.



Dining	Mansions	(community name)	(community name)	Your Notes
Flexible all-day dining options				
Menus that accommodate special diets and choices				
Restaurant-style, chef-prepared entrées				

Health & Wellness

Health and happiness go hand-in-hand. Holistic wellness is important because it focuses on each individual's potential to achieve their personal goals, regardless of physical or emotional challenges. A truly customized holistic approach to health will help you grow and evolve with your needs and meet your expectations.



Health & Wellness	Mansions	(community name)	(community name)	Your Notes
Customized care plan based on individual needs and preferences				
24-hour health monitoring and support (RN, LPN, aides)				
Medical services offered on-site (podiatrist, dental, home health)				
On-site rehab services (PT, OT and speech)				

Health & Wellness (continued)

Health & Wellness	Mansions	(community name)	(community name)	Your Notes
Easy access to hospitals and medical offices				
Wellness engagement tool for residents and families				
Transportation to medical appointments				
Team to resident ratio				

Engagement

Socialization has been shown to improve mental health, mood, cognition and memory recall, to name a few. Living in a community that offers daily opportunities to develop meaningful relationships and enjoy engaging programs will enable you to live a happier and healthier life.



Engagement	Mansions	(community name)	(community name)	Your Notes
Individual and group social engagement				
Robust programming seven days a week				
Pet therapy				
Off-site events with transportation				
Wellness Director for daily engagement				

Apartments

Before you trade homeownership, housekeeping and maintenance chores for a private apartment, you'll want to make sure you can customize it to feel like home. You should have a choice from a variety of floor plans that give you a comfortable, secure and welcoming place to make your own. Your apartment should extend to wonderful secure outdoor areas, a game room and other engaging amenities.



Apartments	Mansions	(community name)	(community name)	Your Notes
Apartment sizes or desired floor plan				
Kitchenette spaces				
Views from the apartment				
Downsizing resources				
Standard amenities				
Safety features				
Handicap accessible bathrooms				
Co-living available				

Safety & Security

Feeling secure is a big part of feeling comfortable and truly supported. That's why an assisted living community should include around-the-clock team members on-site providing you the comfort that comes with knowing that assistance is there when it is needed. For added peace of mind, a visitor and vendor tracking management system is a must.



Safety & Security	Mansions	(community name)	(community name)	Your Notes
Security features				
Wellness team on-site 24/7				
Concierge or security personnel on-site 24/7				
Emergency response system inside apartments				
Easy access to hospitals and medical offices				

Pricing & Fees

Cost is an important consideration when choosing an assisted living community. The right community does more than meet your needs and suit your style, it also fits your budget. When your monthly rent includes a wide range of services and amenities, you get more for your money and still enjoy customized lifestyle options that work best for you.



Pricing & Fees	Mansions	(community name)	(community name)	Your Notes
Community or entrance fee (refund policy?)				
Monthly fee structure (all- inclusive or fee- for-service)				
Level of care fee structure				
Utilities included (WiFi, cable, electricity, water)				

Overall Impressions

First impressions are important and should be taken into consideration. This helps you know if residents and team members are happy to live and work there. When touring, note what each community has to offer and if it's tailored to your individualized needs.

Overall Impressions	Mansions	(community name)	(community name)	Your Notes
How was I greeted?				
Team members professional and happy?				
Did they try to get to know me? Did they genuinely care?				
Are residents interacting, engaging and appear happy?				
Do I feel comfortable?				
Is the community a good value?				
Clean and no off- putting smells				
Game Room				

Cost Comparison

	Mansions	Current Residence
Monthly Expense		
Housing Rent/Mortgage	Included	\$
Property Taxes	Included	\$
Association Fees	Included	\$
Home Maintenance	Included	\$
Services		
24-Hour On-site Team/Concierge	Included	\$
Housekeeping	Included	\$
Laundry and Linens	Included	\$
Lawn Maintenance	Included	\$
Emergency Response System	Included	\$
Courtesy Check-in System	Included	\$
Complimentary Transportation	Included	\$
Utilities		
Electric	Included	\$
Trash Removal	Included	\$
Water and Sewer	Included	\$
Heating and Air Conditioning	Included	\$
Appliance Maintenance and Repair	Included	\$
Basic Cable/WiFi	Included	\$
Amenities		
Fitness Center	Included	\$
Salon & Spa	Available	\$
Anytime Restaurant-style Dining	Included	\$
Event Center & Programming	Included	\$
Totals Mansions	\$	Current Residence \$

Live every day to its fullest.



At The Mansions, residents thrive in our vibrant assisted living community. You'll choose from a variety of apartments, enjoy chef-prepared entrées based on your dietary needs and preferences, and socialize with residents with similar interests. With a variety of services and amenities included in your monthly rental fee at The Mansions, you'll find peace of mind knowing that you, a family member or friend will receive customized support from a dedicated team and explore new ways to engage every day.



Why The Mansions?

Knowing when it's time to move into an assisted living community is an important decision for you and your family. When you decide it is time, you will want to find a team that treats you like family, and that is focused on helping you continue to live the life you most want to live.

Your Next Chapter Begins at The Mansions.



At The Mansions, we give you and your family member or friend so much more to feel good about, including a lifestyle to be enjoyed. A community with truly customized support provided by team members who personally engage with you every day, and a wellness program that gives you the active lifestyle you desire, adds up to a friendly, family-oriented environment that you can call home. You'll enjoy living an engaging and pampered life that's centered on safety and well-being.



Here are just some of the services and amenities at The Mansions:

- Salus[™] holistic wellness philosophy
- Daily wellness checks
- Coordination of ancillary and medical services by a Wellness Director
- Anytime restaurant-style dining with seasonal, chef-prepared entrées
- Emergency response system in each apartment
- Scheduled transportation

How to schedule an appointment at The Mansions



Call The Mansions today for more information or to schedule a visit.

ALPHARETTA TheMansionsatAlpharetta.com

GWINNETT PARK TheMansionsatGwinnettPark.com

SANDY SPRINGS TheMansionsatSandySprings.com

