



# *A Resource Guide for* ASSISTED LIVING



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



**MANSIONS**  
*Assisted Living  
& Memory Care*

# 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
- You 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.*





# 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.



*Check boxes where applicable.*

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

# Health & Wellness (continued)



*Check boxes where applicable.*

Health & Wellness	Mansions	<u>                    </u> <i>(community name)</i>	<u>                    </u> <i>(community name)</i>	Your Notes
Easy access to hospitals and medical offices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wellness engagement tool for residents and families	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Transportation to medical appointments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Team to resident ratio	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



# 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.



*Check boxes where applicable.*

Engagement	Mansions	<u>                    </u> <i>(community name)</i>	<u>                    </u> <i>(community name)</i>	Your Notes
Individual and group social engagement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Robust programming seven days a week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pet therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Off-site events with transportation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wellness Director for daily engagement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	









# 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.

*Check boxes where applicable.*

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



# Cost Comparison



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



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