

Planning for the Future



Of the many options available to our senior population today it's hard to make the best possible choice as it relates to your current situation and whether you should move or stay where you are.

It is always best to plan ahead because you do not want to find yourself in a crisis situation where you are forced to make a quick decision and one that may not be the best for you long term. Here are the top 4 things to discuss when thinking about a move.

Desired Location

Location is extremely important to most of us. If we have always lived on the south shore as opposed to the north shore, then chances are we are going to research our options on the south shore first. Knowing your neighborhood and feeling comfortable can make the move feel less daunting.

Desired Lifestyle

Lifestyle is the way a person lives. How do you describe your lifestyle? Are you more casual or more formal? Are you an entertainer, a fitness buff, music enthusiast, an avid reader? How do you enjoy spending your time? Touring a community can give you a sense of what they offer and how you might fit in. Another option is to participate in offerings from a community you might be interested in. Perhaps an invitation to an exercise class, a happy hour or a lunch might be of interest. You can see firsthand what it would be like if you were a resident in the building.

Financial Resources

It is always a good idea to have your family, an accountant or financial advisor assist you with a complete review of your financial situation including income, existing expenses and estimated costs of aging both at home and in other settings. It's particularly helpful to compare costs for each option and see what might work for you.

Health and Safety

It's important to consider not only your health today, but also any potential health decline that may require special services. This is when a care assessment can be an excellent tool to evaluate your health today but also anticipate changes that may require additional resources. Family doctors can often provide you with the contacts you need to start the process for a health assessment and information about anticipated services associated with your health and aging.

Whether you're planning for the future or are in the midst of making a quick and unexpected decision, if you consider and research each of these categories, you'll find the question "to move or not to move" easier to answer.



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