



# Senior living made simple.

Everything you need to know to find the lifestyle that's right for you.

## A fulfilling lifestyle for seniors.

For over 40 years, at more than 300 locations across the U.S., Holiday Retirement has provided seniors with a truly unique lifestyle. Our commitment to quality, safety and value remains. For one all-inclusive monthly payment, we take care of the details of daily life so that you may enjoy your retirement years to the fullest. Call us to find a Holiday community near you.

## What sets us apart.



### Exceptional Cuisine

We take food very seriously. Our professionally-trained chefs prepare three delicious meals from scratch every day, and a friendly wait staff serves them in a comfortable, restaurant-style dining room.



### Pets Warmly Welcomed

We strongly believe in the life-affirming power of pets, and welcome furry companions.



### No Buy-In Fees or Long-Term Leases

We know how important a sense of freedom is to our residents, so there's no long-term commitment. We offer convenient short term leases because we want to earn your business and your trust every day.



### Flexibility

While Holiday Retirement does not provide or coordinate home care, residents are welcome to hire their own third-party home care services to meet any additional needs.



### A True Sense of Community

There's a special feeling of kinship at a Holiday community that you won't experience anywhere else. It's a combination of joyful neighbors embracing life, friendly staff who go out of their way to make each day great, and a comfortable environment that makes you feel this is right where you belong.

There are many lifestyle and care options for seniors today.  
Use this guide to help you find the right one.

### Independent Retirement Living

### Assisted Living

### CCRC (Continuing Care Retirement Community)

### Alzheimer's and Memory Care

- 24-hour personal care available
- Apartment style living, as social or as private as you choose.
- No health care services are provided, however, residents are welcome to receive services from any outside home health care provider of their choice



- Most of the residential amenities and services of independent living, plus:
- Access to Holiday staff specifically trained to offer personal care with activities of daily living (dressing, bathing, medication management)
  - Licensed nurse on staff available 24/7
- Residents may also receive:
- Coordination of care with health providers such as home health and hospice



- Multiple levels of care in one location
- Levels of care range between independent retirement living, assisted living, or nursing home services
- Admittance into an advanced care level may be restricted to residents already within a CCRC's independent living program
- Often requires a significant buy-in fee and long-term contract

- Assisted living services, plus:
- 24-hour physically secured living
  - Customized memory care activity program
  - Cognitive support, including reminders
  - May operate as a stand-alone facility, part of an assisted living community, or CCRC

### Respite

### Nursing Home

### Hospice

### Home Care

- Short-term stay in assisted living or memory care (minimum 10-night stay)
- Allows primary caregivers a break or gives the resident a trial stay to get acquainted with the service provider

- 24-hour skilled care for seniors on a long-term basis
- Care may also be provided for seniors who require short-term nursing care or rehabilitation assistance

- Designed for terminally ill individuals in the final phase of their illness
- Care may be provided in a range of settings, including private home, hospice facility or nursing home

- In-home assistance based on frequency and level of needs, and may include daily activities
- Welcome in private homes and independent retirement living communities
- May be restricted in facilities providing a higher level of care

If assisted living is right for you, use this handy checklist as you visit communities to get the answers you need (continued on next page).

### Community Services

- 24-hour personal care available
- Meals (number per day, meal times, special dietary needs, other information)
- Security system
- Emergency call or response system
- Activities & events (frequency, types, quality)
- Scheduled transportation
- Utilities (and exclusions, if applicable)
- Sprinklers, smoke detectors and clearly marked exits
- Housekeeping (frequency)
- Linen service
- Laundry facilities
- Parking (garage, carport, lot)
- Storage
- Barber/beauty salon
- Guest accommodations
- Fitness equipment and exercise programs
- Pet policy
- Emergency procedures for residents
- Elevator(s)
- Handicap accessible
- Religious services available
- Additional services available

### Apartment

- Single and double occupancy permitted
- Kitchenette
- Appliances provided, permitted (and any restrictions)
- Personal furnishings permitted
- Emergency pull cords or emergency response system
- Lockable doors
- Easy to access cupboards, storage and closets
- Wheelchair and walker accommodated bathrooms
- Good natural and artificial lighting
- Individual climate control
- Non-skid flooring and firm carpets for walking ease

### Needs Assessments, Medication & Health Care

- Assistance with daily activities (ADL)
- Medication assistance
- Personalized service assessment plan
- Coordination of care with home health providers, physicians and others
- Licensed nurse available
- Respite care

### Contract & Fees

- Buy-in fee
- Length of lease (short-term, long-term, exact length)
- Deposit fees
- Monthly fee
- Billing and payment options
- Items not included in monthly fee (hidden fees, additional services, additional meal costs, pet fees)
- Extra charges are clear and reasonable
- Fee changes (when, why, how often, most frequent fee increase and amount)
- Involvement with fee changes and notification protocol
- Contract changes permitted
- Contract termination policy & move-out policy
- Second occupant fee
- Refund and transfer policies

### Staff

- Staff was friendly, respectful and personable
- Staff knew the residents by name
- Staff was dressed appropriately
- Staff interacted warmly with the residents during the tour
- Staff members were friendly to you when you passed by during your tour
- Management team well staffed, experienced, effective, friendly and personable
- Number of staff members on duty each day
- Staff was able to answer your questions clearly and sufficiently

### Notes

### Visit & Tour

- Grounds, landscape and building exterior kept up
- Pleasantly greeted upon entering the community
- Activity in the building upon entering
- Décor was attractive and home-like
- Community in good repair, clean, free of odor and pleasant in temperature
- Floor plan layout was easy to navigate
- Wide hallways
- Had a meal with residents
- Mealtime experience was pleasant
- Food was good
- Ample natural and artificial lighting
- Clean carpet and furniture
- Staff members interacted with you when you passed by during the tour
- Residents were using the activity room
- Residents were using the game room/lounge
- Residents were using the fitness equipment
- Activity in the common areas of the community
- Community has a good reputation in the local community
- Occupancy of community (percentage of apartments occupied)
- Guest suite available for overnight or trial stay
- Received an invitation for an overnight or trial stay

### Residents

- Introduced to residents
- Spoke with residents about their experience
- Residents seemed to be appropriate neighbors
- Residents socialized with each other
- Residents appeared happy and comfortable
- Visits with residents welcome at any time

### Your Response (indicate below in Notes)

- Your feeling when you toured the community
- Other observations you noticed that are important to note
- Your thoughts and feelings about your visit
- Any additional information you would like to have that you didn't receive during your visit