

Senior Living Worksheet

START YOUR SENIOR LIVING JOURNEY WITH CONFIDENCE

Take a few minutes to reflect and work through this guide at your own pace. There are no right or wrong answers—this worksheet is simply a helpful way to think about what you want, what matters most, and what might make life feel a little easier. Use the space to jot down thoughts, questions, and ideas as they come.

1. Start With Your “Why”

What are the main reasons you’re considering a move? (Examples: safety, connection, less home maintenance, peace of mind, more support)

My top reasons:

2. My Must-Haves & Priorities

What matters most to me in a senior living community?

Choose all that apply:

- | | |
|--|--|
| <input type="checkbox"/> Maintenance-free living | <input type="checkbox"/> Spiritual care |
| <input type="checkbox"/> Meal options | <input type="checkbox"/> Outdoor spaces / nature |
| <input type="checkbox"/> Social activities | <input type="checkbox"/> Community feeling / belonging |
| <input type="checkbox"/> Wellness or medical support | <input type="checkbox"/> Privacy & independence |
| <input type="checkbox"/> Transportation services | <input type="checkbox"/> Other: _____ |

3. People I Want to Talk With

Who can I share my thoughts with? Who supports me in this process?

I’d like to talk with:

TIP: Helpful questions to ask:

“What do you think could make life easier for me?”

“Would you help me explore a few options?”

“What concerns or questions do you have?”

4. Communities I Want to Explore

This is simply information-gathering — no pressure, no decisions yet.

Location or community name:

_____	_____
_____	_____
_____	_____

What I want to see or ask about:

- | | |
|--|---|
| <input type="checkbox"/> Apartments / rooms | <input type="checkbox"/> Memory care |
| <input type="checkbox"/> Dining | <input type="checkbox"/> Outdoor areas |
| <input type="checkbox"/> Activities | <input type="checkbox"/> Transportation |
| <input type="checkbox"/> Care options | <input type="checkbox"/> Pricing / availability |
| <input type="checkbox"/> Staff introductions | <input type="checkbox"/> Other: _____ |

Notes from my visit or call:

5. My Next Steps

What small step can I take next? Choose one.

- Talk with a family member
- Schedule a tour
- Request pricing or availability
- Make a list of questions
- Visit a community website
- Ask for help from a senior living team member
- Other: _____



You Don't Have to Navigate This Alone

If you'd like help, the team at the Good Shepherd Community is always here for a friendly conversation.

(320) 259-3476 or visit www.goodshepherdcampus.org