



# FINDING THE RIGHT FIT

## BHI Senior Living Guide Book

# A Guide to Touring Senior Living

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## GET THE MOST OUT OF YOUR SENIOR LIVING VISIT

Touring a senior living community is an important step—one that helps you move from questions and uncertainty to clarity and confidence. Whether you are exploring options for yourself or a loved one, a thoughtful tour can provide valuable insight into daily life, care, culture, and community.

This guide is designed to help you prepare for your visit, ask the right questions, and reflect on what matters most—so you can make an informed, confident decision.

## BEFORE THE TOUR: PREPARING WITH PURPOSE

A great tour begins before you arrive

### Clarify Your Goals

**Ask yourself (or discuss as a family):**

- What prompted us to start looking now?
- What matters most—lifestyle, care, location, cost, peace of mind?
- What concerns or questions do we want answered?

### Do a Little Homework

- Review the community's website and floor plans
- Understand the levels of living and care offered
- Prepare a short list of must-haves and nice-to-haves

### Bring the Right People

- Include a spouse, adult child, or trusted advisor if helpful
- Choose companions who support thoughtful conversation and decision-making

# DURING THE TOUR: WHAT TO LOOK FOR

A tour is more than buildings—it's about how the community feels.

## Observe the Atmosphere

- Do residents and staff seem engaged and comfortable?
- Are interactions warm, respectful, and natural?
- Does the environment feel welcoming and well-cared for?

## Pay Attention to the Details

- Cleanliness, lighting, and maintenance
- Dining aromas and presentation
- How staff greet residents by name

## Picture Yourself Here

**As you move through the community, ask:**

- Can I see myself living this lifestyle?
- Would my loved one feel safe, supported, and valued?

# QUESTIONS WORTH ASKING ON A TOUR

## Lifestyle & Community

- What does a typical day look like here?
- How do residents get involved and build connections?
- How are personal interests and preferences supported?

## Health & Support

- What services are available now—and in the future?
- How is care personalized and adjusted over time?
- How do families stay informed and involved?

## Dining & Wellness

- How flexible are dining options?
- Are special dietary needs accommodated?
- What wellness, fitness, and spiritual programs are offered?

## Safety & Peace of Mind

- How are emergencies handled?
- What security measures are in place?
- How does the community support aging in place?

## Financial & Contract Considerations

- What is included in the monthly fee?
- What costs could change over time?
- What contract options are available, and how do they differ?

# TOURING FOR MEMORY SUPPORT OR HEALTH CARE

If you are exploring memory support or health care services, consider asking:

- How are routines and dignity preserved?
- What specialized training do staff receive?
- How is family partnership encouraged?
- How are transitions between care levels handled?

## AFTER THE TOUR: REFLECTING CLEARLY

Once your visit is complete, take time to reflect.

### Review Your Impressions

- What stood out most positively?
- Were your questions answered clearly and transparently?
- Did the community align with your values and expectations?

### Compare Thoughtfully

If you are visiting multiple communities: - Compare how each made you feel, not just what was offered - Revisit your original priorities and see which community aligns best.

### Follow Up

- Request additional information or a second visit
- Ask to attend a meal or activity
- Speak with current residents or families if possible

## TRUST THE PROCESS—AND YOURSELF

Choosing a senior living community is both a practical and emotional decision. The right community will feel like more than a place to live—it will feel like a place to belong.

At BHI Senior Living, we believe touring should be comfortable, informative, and pressure-free. Our teams are here to answer questions, listen closely, and support you at every step of the journey.

If you're ready to schedule a tour or would like additional resources, we invite you to connect with one of our communities. We would be honored to welcome you.

