



# Senior Living Guide

Simple information to help you understand  
the different senior living options available,  
and choose the one that's right for you.





## Discover the freedom of a simplified lifestyle.

With 29 communities throughout British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Quebec and New Brunswick, Atria Retirement Canada is home to more than 3,000 seniors. We create warm, comfortable environments where retired people can live as they please, without the concerns of maintaining a home.

We take care of the cooking, cleaning, maintenance – even the driving, if you prefer. And since everything's included in your monthly rent, the bills are easier to manage, too. All you have to do is relax and enjoy services and amenities designed to make your life less stressful and more fulfilling.

### Engage Life™

Our signature activities and events program gives you a social calendar packed with opportunities to explore interests, volunteer your time and talents, and stay connected and involved.

### Scheduled Transportation

You're welcome to bring your own car for personal use; you can also take advantage of our scheduled shuttle service, which provides convenient transportation to and from local appointments, errands and outings.

### Full-Service Dining

Our talented staff caters to you every day with three meals full of flavour, variety and local flair, all brought to your table by a friendly server who knows your name, your favourite dishes – and even how you take your coffee.

### 24-Hour Staff

A helping hand is always close by. Our friendly, attentive staff treats you like family – and they're available on-site 24 hours a day to offer assistance, respond to emergencies or just chat.

### Flexibility

There is no long-term commitment to live at Atria Retirement Canada. Instead, we offer convenient month-to-month leases. Should your needs change, you also have the freedom to hire any third-party home care provider you like.

### Pets Warmly Welcomed

We value the relationship you share with your four-legged friend. That's why all Atria Retirement Canada communities welcome dogs and cats. Size and temperament requirements vary per community, so please ask for complete details.



# As you explore your options, use this checklist to help you identify what you're looking for - and what you want to avoid.

## First Impressions and Tour

### Surroundings

- Grounds, landscaping and building exterior were well-maintained
- Community was clean, comfortable and odour free
- Interior décor was attractive
- Community was well-lit, with ample natural and artificial light

### Dining

- You were invited to dine with residents
- Your dining experience was pleasant
- Food temperature/flavour was good
- Carpet and furniture in dining area were clean
- Staff members were friendly and attentive

### Resident Engagement

- Activity room was in use
- Game room was in use
- Fitness equipment was in use
- Residents were gathered throughout common spaces
- Common areas were inviting and comfortably furnished

### Staff

- You were warmly greeted upon entering
- Staff was friendly, professional and personable
- Staff was kind to residents/knew them by name
- Staff was appropriately dressed
- Management team was welcoming, personable and experienced
- Staff was able to answer your questions clearly

### Residents

- You were introduced to residents
- You spoke with residents about their experience
- Residents appeared to be good neighbours
- Residents seemed happy and comfortable
- You were welcomed to visit residents any time

## Amenities, Features and Costs

### Community Services

- 24-hour staff
- Dining (meals per day, serving schedule, accommodations for special diets)
- Security system
- Activities and events (types, frequency)
- Scheduled transportation
- Utilities paid
- Housekeeping and linen services
- Laundry facilities
- Parking (guests and residents)
- Beauty salon/barber shop
- Suites available for respite
- Fitness programs and equipment
- Pet-friendly policy
- Emergency protocols for residents
- Elevator
- Handicap accessibility
- Religious services/observances
- Additional care services available

### Apartment

- Single and double occupancy permitted
- Kitchenette or full kitchen
- Emergency alert system or emergency pull cords
- Easily accessible cabinets, closets and storage
- Handrails in restroom
- Ample natural and artificial lighting
- Individual climate controls
- Clean carpets, walls and countertops
- Walking surfaces are carpeted or non-skid

### Contract and Fees Checklist

- Buy-in fee
- Security deposit
- Second occupant fee
- Recurring monthly fees (for pets, meals, etc.)
- Do fees change? How often?
- Length of lease (long-term or month-to-month)
- Lease changes permitted
- Move-out policy
- Billing and payment options

## Other Considerations

- Does the community have a good reputation locally?
- What percentage of apartments are filled?
- Is there a waiting list?
- Was your overall impression positive or negative?

How did you feel while you toured the community?

What are your thoughts and feelings after your visit?

Did you have any other questions that weren't answered during your tour?

Do you have any other observations worth noting?

# A Helpful Guide to Senior Living Options

## Independent Living

Residential apartment communities for seniors who do not require specialized medical care (although personal home care services are usually available through third-party providers). These communities often offer housekeeping and maintenance services, dining, events and transportation – usually for a single, all-inclusive monthly rental rate.

## Assisted Living

Communities where residents enjoy similar services to those offered with independent living, along with access to assistance with activities of daily living such as bathing, grooming, getting dressed and remembering to take medications properly.

## Memory Care

Communities that provide specialized care for those living with Alzheimer's or other forms of dementia in a secure, structured environment with specially trained staff.

## Residential Care Homes

Traditional private homes that have been adapted to provide care services for a smaller group of residents (usually no more than 15) and can offer both short-term and long-term care.

## Long-Term Care Homes

Also called nursing homes, facilities that provide 24-hour skilled medical care, rehabilitation assistance, pain management and hospice care.

## Home Care

Support and care services similar to those offered at assisted living communities, provided in a senior's home or apartment.

Find an Atria Retirement Canada community  
near you at **AtriaRetirement.ca**.

