

## WHY SHOULD I MOVE?

As you see friends move to Assisted Living (AL), you may wonder, “Why should I move?” There is no simple answer, but a time may come when you could be safer and better cared for in AL.

Keep in mind that moving to Assisted Living does not mean that you surrender any opportunities to enjoy Oak Hammock. As an AL resident, you are still entitled to all IL activities including shopping trips, ILR classes, the gym and swimming pool, bus trips, outings to the Performing Arts Center and sporting events as well as to full membership on the Residents’ Council and its committees. Additionally, AL residents can also take advantage of all activities in the Health Pavilion. As an AL resident you are still entitled to eat in the IL dining room although some menu items may incur additional charges.

Benefits of moving to AL include:

- Three meals a day, including room service if requested (charge may be added),
- Fresh fruit and snacks available 24/7,
- Tailored and individualized service plan including medication management,
- Assistance with scheduling doctors’ appointments and coordinating Oak Hammock transportation to such appointments,
- Assistance with personal laundry, daily bed making, daily trash removal, housekeeping.
- Access to a nurse 24 hours a day and staff doing periodic “wellness checks,”
- A pendant system to call responsive staff who will assist throughout the day and night.
- If needed, staff may make weekly trips to do grocery and personalized shopping for you. **Charges will be added to your monthly bill.**
- Depending upon your personal tax situation (check with your accountant), you may be entitled to a medical deduction on your income taxes for a portion of your assisted living fees.

Residents choose to move to AL for varied reasons. Whatever your reason and your timing for considering a move to AL, some planning will make it smoother. So, consider your options well in advance. Talk to friends who have recently moved to AL and to staff. If you still have questions, come to the Health and Well Being Committee and, if we cannot answer your questions, we will try to find someone who can.

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**After discussing your potential move from Independent Living to Assisted Living with your physician, family, friends and/or clergy, and you have established your eligibility, you may want to consider the following:**

Monthly costs associated with AL apartments based on your individual contract (Contact CFO or designee)

- What services will cost the same, or more, or less than your current IL costs?
- If necessary, who would pay bills and handle your finances?

Availability of AL apartments and storage. Ask for a tour of AL

- Ask if your pet can go with you, your pet care plan? (Contact IL Personal Services)
- Establish upgrades including lighting changes, or refreshes, and timeline (Contact Director of Plant Operations about feasibility and costs)
- Ask for Floor plans with scaled paper for furniture cutouts and placement.
- Personal items to be taken, purchased, or donated (contact Recycled Riches VAL 352-338-8061 Judy 352-371-1301).

Move and connection plans for electronic devices (TV, computers, phone, printers, tablets, smart speakers, medical aids, streaming devices, fall monitors etc.) (Contact IT Director, HEAT team, RC Technology & Services Innovation Committee)

- Who will connect each device and ensure each item works for you?
- What do you need to buy?

Changes of address and or mail forwarding (Contact IL Personal Services, RC Health, and Wellbeing Committee)

- Subscriptions (cancel or renew) e.g., newspapers and/or magazines,
- Bank or related organization (financial documents are not forwarded),
- Social Security and Driver's License or ID and voter registration.

Collect information about your ongoing medical and dental care plan (Contact IL Personal Services)

- Current and updating medication lists (OTC, prescription, and vaccination),
- Dental checkup (date of last checkup and name of dentist),
- Medical exam (date of last checkup),
- Calendar of appointments – updated regularly,
- List of all your health care providers and future appointments.

Misc.

- Garden Plot or green house maintenance (keep or give up)?
- What happens to your bicycle, car and parking place, golf cart?  
(Contact Director of Plant Operations, RC Building and Grounds Committee).