

Conversation STARTER

Questions to ask your loved ones about their *Health*



The following conversation starters include general questions and follow-up questions you may ask your parents or a loved one to help zero-in on the assisted living option that best suits their lifestyle.

Q. How would you describe your health right now?

Possible answers:

- Feeling great • Feeling fine • Having a few more "aches and pains" but generally OK
- Having a current health issue • Worried about a health crisis

Possible solution:

Walnut Place brings you more health and wellness options closer to home, available whenever you might need them. From short-term rehabilitation services to nursing care to memory support, everything we do is personalized with a focus that's entirely on you.

Q. Do you feel like you are getting enough exercise? If not, what is holding you back from getting more exercise?

Possible answers:

- Don't want to/like to exercise alone • Don't have a place to exercise
- Not sure what exercises to do • Worried about falling

Possible solution:

We know there's a lot that goes into helping someone you love truly feel their best, which is why we take a progressive, holistic approach to health and wellness. Walnut Place offers a full spectrum of fitness opportunities to help you maintain physical fitness, flexibility and strength.

Q. Do you worry about what might happen if you have a health decline? If so, what is your plan in case you need more health services in the future?

Possible answers:

- Not really • Have long-term care insurance • Considering local senior living communities
- Want to "age in place" at home, with assistance as needed

Possible solution:

Our team of highly experienced professionals includes top rehabilitation therapists, leading senior care specialists, and compassionate nurses and caregivers. We cross-train our staff in multiple disciplines so everyone on the team is able and empowered to help.

DID YOU KNOW?

About **91%** of older adults have at least **one chronic condition**, and 73% have at least two.*

By age **75**, about one in three men and one in two women engage in **no physical activity****

Close to **70%** of people age 65+ will need **long-term care services** at some point in their lifetime.***



Walnut Place

A LIFE CARE SERVICES® COMMUNITY

Let us help you take the next step. Whether you're just starting the conversation, or your ready to learn more about options at Walnut Place

- Call to request more information.
- Join us for a visit so you can see if Walnut Place might suit your parents or a loved one.
- Bring your parents or a loved one for a tour and personal appointment.

5515 Glen Lakes Drive
Dallas, TX 75231

WalnutPlaceLCS.com

Call 214-361-8923 Today!

*Chronic Disease, Center for Healthy Aging, National Council on Aging. Date accessed, October 26, 2012. **Physical Activity and Healthy – Older Adults, CDC, National Center for Disease Prevention and Health Promotion. Date accessed, October 26, 2021. ***National Clearinghouse for Long Term Care Information, U.S. Department of Health and Human Services: Planning for LTC. Date accessed, January 18, 2012



Conversation STARTER

Questions to ask your loved ones about their *Lifestyle*



The following conversation starters include general questions and follow-up questions you may ask your parents or a loved one to help zero-in on the assisted living option that best suits their lifestyle.

Q. Do you ever get bored, and wish you had more things to enjoy in your life? If so, what are some things you might like to do more often?

Possible answers:

- Participate in activities or hobbies
- Spend more time with friends and/or family
- Volunteer
- Exercise
- Eat nutritious meals

Possible solution:

Our priority is to provide abundant opportunities for engagement in ordinary pastimes. At Walnut Place, there is encouragement to try something different as well enjoy what is familiar. Along with our programs and amenities, you'll find more to explore, inspire and motivate you just beyond the door.

Q. Do you worry about feeling lonely or isolated? If so, who would you like to spend more time with in the future?

Possible answers:

- Long-time friends
- New friends/neighbors
- Family

Possible solution:

The dedicated Life Enrichment Manager provides daily activities for the residents. Many events and hobbies are tailored to the residents' preferences. Residents have many opportunities to socialize with their neighbors.

Q. If you think about your overall lifestyle, what things are you doing to help you stay healthy and well?

Possible answers:

- Participating in activities or hobbies
- Exercising
- Socializing with friends
- Eating a balanced and nutritious diet

Possible solution:

The older you become, the more important it is to be proactive about wellness. Walnut Place helps you live well and be well through a comprehensive program including fitness, nutrition and activities.

DID YOU KNOW?

75% of residents

at senior living communities agree they have access to a wider variety of cultural and entertainment programs and social activities.

In a recent study, older Americans who felt **enjoyment and happiness** without a lot of worry and stress the previous day, averaged

6.1 hours of socialization.**

Regular physical activity can help seniors keep their thinking, learning, and judgment skills sharp as they age.***



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*Life Services Network, Confidence Satisfaction Survey, 2011. **Nationwide, Healthcare Costs in Retirement, 2012.

***The Benefits of Physical Activity, CDC, Division of Nutrition, Physical Activity and Obesity, National Center for Chronic Disease Prevention and Health Promotion, February 16, 2011.



Conversation STARTER

Questions to ask your loved ones about their *Future Expenses*

The following conversation starters include general questions and follow-up questions you may ask your parents or a loved one to help zero-in on the assisted living option that best suits their lifestyle.

Q. When you pay your bills each month, does it seem like there are often unexpected expenses? Do you worry about having enough money to cover all of those costs in the future?

Possible answers:

• Not worried at all • Worry a little • Worry a lot

Possible solution:

Walnut Place offers an all-inclusive rate for the private apartment, care, meals and activities. The only additional expenses are for medications, personal amenities and services such as beauty/barber shop fees, pet fees and telephone.

Q. Are you having trouble keeping up with maintenance on your current home?

Possible answers:

• No problem • Hard to find reliable people to handle repairs/maintenance • Worried about monthly expenses • More of a hassle than it used to be • Worried about major expenses

Possible solution:

At Walnut Place we offer a worry-free lifestyle and take care of all maintenance, laundry and housekeeping.

Q. Are you worried about the cost and availability of health services if you ever need them? What happens if you suddenly need additional care?

Possible answers:

• Will go wherever my doctor tells me to go • Want to have in-home care in my current residence • Will rely on family to make those decisions • Don't really have a plan

Possible solution:

Walnut Place feels very different in every way. We want you to find the option that suits your lifestyle and budget. From short-term rehabilitation services to nursing care to memory support, it's all right here in one place.

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DID YOU KNOW?

Seniors **65+** spend nearly double the percentage of their income (13%) on health care as compared to adults age 55-64.*

40% of seniors consider household-related expenses to be their biggest expense in retirement.**

53% of retired seniors with household assets of \$250,000 say one of their top fears in retirement is health care costs going out of control.**



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*U.S. Bureau of Labor Statistics, 2010. **Nationwide, Healthcare Costs in Retirement, 2012.

