

Ask yourself - Is my current living situation everything I want and need it to be?

If it is not meeting all of your wants and needs then you must ask yourself “what is the next step?”

What are my options?



services may be needed and what will they cost? What would these services cost in an alternate setting like a retirement or assisted living community? Do you have a plan for addressing unexpected health changes? Which option will provide the most comprehensive health services in the safest environment? The answers to these questions are crucial to matching the best option to meet your needs.

The answer is typically a blend of personal preference, desired location, desired lifestyle, financial resources and health care needs. Ideally the decision to move is a matter of choice, but it can frequently be driven by necessity. It is always best to plan ahead because you do not want to find yourself in a crisis situation where you are forced to make a quick decision and one that may not be the best for you long term.

Many people may choose to move because their current home and yard have become more of a burden than a joy. Wanting to be closer to family often results in a move. Sometimes our physical space becomes too large and therefore downsizing seems like the next logical reason to move. Sometimes a health change can prompt a decision to move. People who are clear about their changing abilities often find making the decision to move much easier.

Be mindful and cautious as you work your way through the process. What is the cost of in-home support today? What is the availability of this service? What additional

There are many benefits when considering a move to a retirement community, nutritious well balanced meals, housekeeping, transportation, emergency response, and active living programs. Most importantly, the opportunity to stay socially connected is a benefit that is often overlooked. Building new relationships and social connections with likeminded people can help you live a longer, happier and healthier life. Staying socially active can help you maintain good physical and emotional health and cognitive function as well as help protect against illness by boosting your immune system.

While planning for your post retirement years why not choose a place where you can create and enjoy new friendships. Your overall quality of life and health will improve. Guaranteed!



Erin Currie,
Community Relations Manager
Berwick on the Park Retirement Community
60 Whiteshield Crescent S., Kamloops, BC
250-377-7275
www.BerwickRetirement.com