



# Am I Making The Right Decision? (personal & social considerations)

## Gain vs. Sacrifice

Personal needs and desires are usually the main reasons why people search for a new lifestyle, such as assisted living. In order to maintain certain important things in their life, they have to sacrifice some other things. They may choose greater personal safety by giving up a little privacy. They may trade a lonely home they have all to themselves for a lively home complete with things to do and friends do things with. Their goal is to fulfill their greatest needs and desires with the least amount of change and sacrifice.

Take a look at what you really need and what you have to change to take care of these needs. Then compare what you gain to what you gave up.

*nutritious meals*  
*companionship*  
*safety*  
*love & care*  
*confidence*  
*social activities*  
*security*  
*well-being*  
*physical activities*

Needs

Sacrifice/Change

Gains

	<u>Needs</u>	<u>Sacrifice/Change</u>	<u>Gains</u>

## Is your gain worth the sacrifice? the financial cost?

Many times, the gains include the intangibles like companionship, safety, confidence, etc. Are you happy with what you have gained with assisted living and think it is worth the change. If so, then it's time to see if it is worth the financial cost. (Please use our financial worksheet to get an idea of your costs and savings.) If you are not happy with what you have gained, then you should look at other options...see if they fare better. Feel free to make copies of our worksheets for these comparisons.



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