

The time to talk about senior living options is now



The team: (from left) Abby Mahon, Shona McIntyre & Jamie Soell

"Families that plan ahead have more time to really explore and consider their best options. Senior communities are not one-size-fits-all," Shona said. "When we meet with families we get real. We laugh, we cry, we talk about things like budgets and future care. Then, we provide two to three options that specifically fit their needs. We even go on tour with the family to ensure that no question is left unanswered – and, all of our services are free.

If, over the recent holidays, you noticed that grandma is moving slower or seems unsteady, or Dad is easily confused, sad or lonely, it's time to call Shona and her team.

"Those observations are an opportunity," Shona said. "Even if your family member isn't quite ready for senior living, it's better to have those conversations sooner rather than later. Then, you can tour, make a decision and have a plan in place for when the time is right."

Winter is hard on older adults.

"Hospitals and rehab centers see increased admissions due to falls, viruses get shared more easily and cold air can trigger worsening symptoms of conditions like COPD," explained Shona McIntyre, owner of **Senior Community Connections**.

Those events can lead to older family members deemed as "no longer safe at home" and younger family members scrambling to find the right care, right now.

"For most families, the task of vetting and touring those communities is an overwhelming task," Shona said. "That's where my team can help. We love helping seniors and their families find communities that meet their needs and will allow them to thrive!"

While her team works very well under pressure, Shona said the ideal time to call her is at the first sign of decline or even before any decline begins.



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