Senior Living Made S.I.M.P.L.E.™ Workbook

The real-world toolkit for navigating senior care

SHARI ROSS

JOB	Interior layout · cover design
TRIM	8.5 × 11 in · 73 pages
FORMAT	Paperback
CONTENT	15 modules · checklists · journal
DELIVERED	August 2026



A workbook for families in the middle of a hard season. It had to feel *calm and doable.*

WHAT CAME IN

All the written content: 15 modules of checklists, journal prompts and reflection questions, plus the author's idea for the cover. There was no layout and no design direction for the inside.

WHAT I DID

I researched how the best workbooks are laid out, then built a system for every page type: module openers, checklists, write-in pages and comparison tables. I designed the cover from the author's idea and prepared the paperback.

PALETTE, SHARED BY COVER AND PAGES

Navy	Line blue	Page tint	Orange	Teal

INTERIOR TYPE

Aa Gg

Noto Serif Display
Module titles, italic

Aa Gg

DM Sans
Checklists and prompts



Contents

Modules

INTRODUCTION
THE S.I.M.P.L.E METHOD
MASTER CHECKLIST
A full-scope overview to guide your entire process.

1 IS IT TIME YET?
Spot the signs and start trusting your instincts.

2 STARTING THE CONVERSATION
How to bring it up without a meltdown (yours or theirs).

3 MEMORY CARE SIGNALS & SUPPORT
Recognizing when forgetfulness becomes something more.

4 THE SENIOR LIVING TOUR
From first impressions to follow ups, track every detail that counts.

5 FAMILY COMMUNICATION
Keeping the group chat from turning into a battleground.

6 FINANCES
Unpacking costs, resources, and what nobody warned you about.

7 LEGAL & DOCUMENT ESSENTIALS
Paperwork you need now, before it's urgent.

8 HEALTHCARE COORDINATION
Bridging the gap between doctors, meds, and daily care.

9 DOWNSIZING
Declutter without the drama (okay, maybe a little drama).

10 MOVING DAY
The checklist that keeps chaos (somewhat) in check.

11 SETTLING IN
What to expect, what to encourage, and how to help it feel like home.

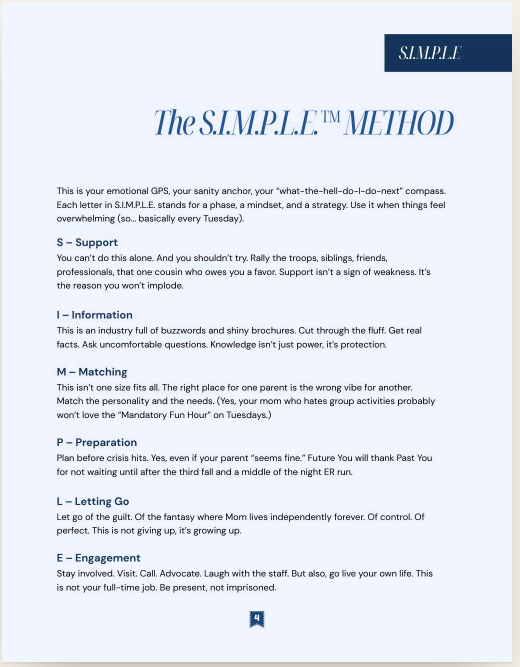
12 ENGAGEMENT & QUALITY OF LIFE
Tips to keep life full, fun, and connected after the move.

13 RESIDENT RIGHTS & ADVOCACY
Know what's fair, what's legal, and when to speak up.

14 END-OF-LIFE WISHES & PLANNING
Handling the hard stuff with clarity and care.

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CONTENTS · 15 MODULES



S.I.M.P.L.E

The S.I.M.P.L.E.™ METHOD

This is your emotional GPS, your sanity anchor, your "what-the-hell-do-I-do-next" compass. Each letter in S.I.M.P.L.E. stands for a phase, a mindset, and a strategy. Use it when things feel overwhelming (so... basically every Tuesday).

S – Support
You can't do this alone. And you shouldn't try. Rally the troops, siblings, friends, professionals, that one cousin who owes you a favor. Support isn't a sign of weakness. It's the reason you won't implode.

I – Information
This is an industry full of buzzwords and shiny brochures. Cut through the fluff. Get real facts. Ask uncomfortable questions. Knowledge isn't just power, it's protection.

M – Matching
This isn't one size fits all. The right place for one parent is the wrong vibe for another. Match the personality and the needs. (Yes, your mom who hates group activities probably won't love the "Mandatory Fun Hour" on Tuesdays.)

P – Preparation
Plan before crisis hits. Yes, even if your parent "seems fine." Future You will thank Past You for not waiting until after the third fall and a middle of the night ER run.

L – Letting Go
Let go of the guilt. Of the fantasy where Mom lives independently forever. Of control. Of perfect. This is not giving up, it's growing up.

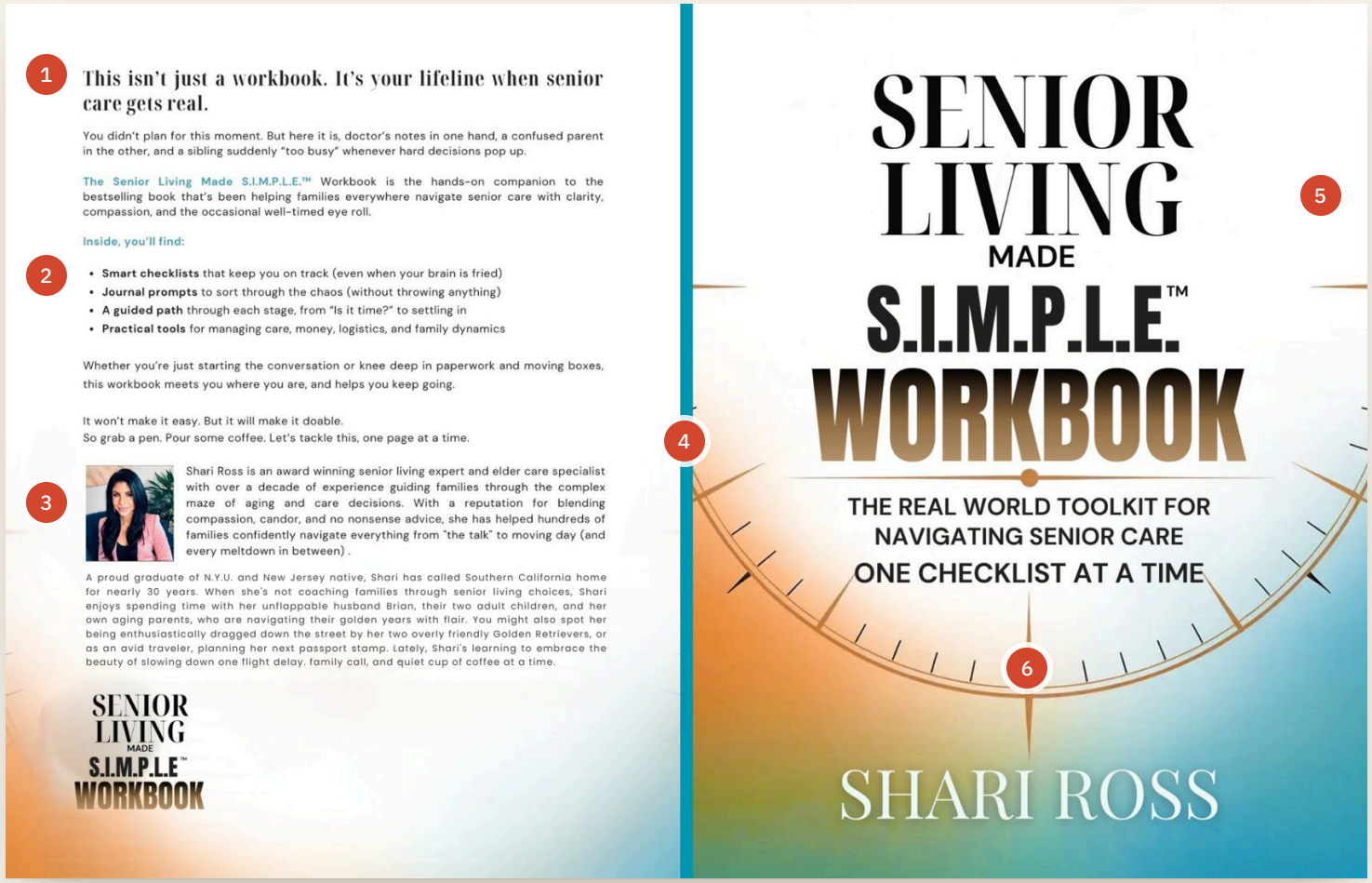
E – Engagement
Stay involved. Visit. Call. Advocate. Laugh with the staff. But also, go live your own life. This is not your full-time job. Be present, not imprisoned.

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THE METHOD, EXPLAINED

Readers open this book while dealing with a parent's care, paperwork and family arguments. So every page has one job, generous white space, and a clear place to write.

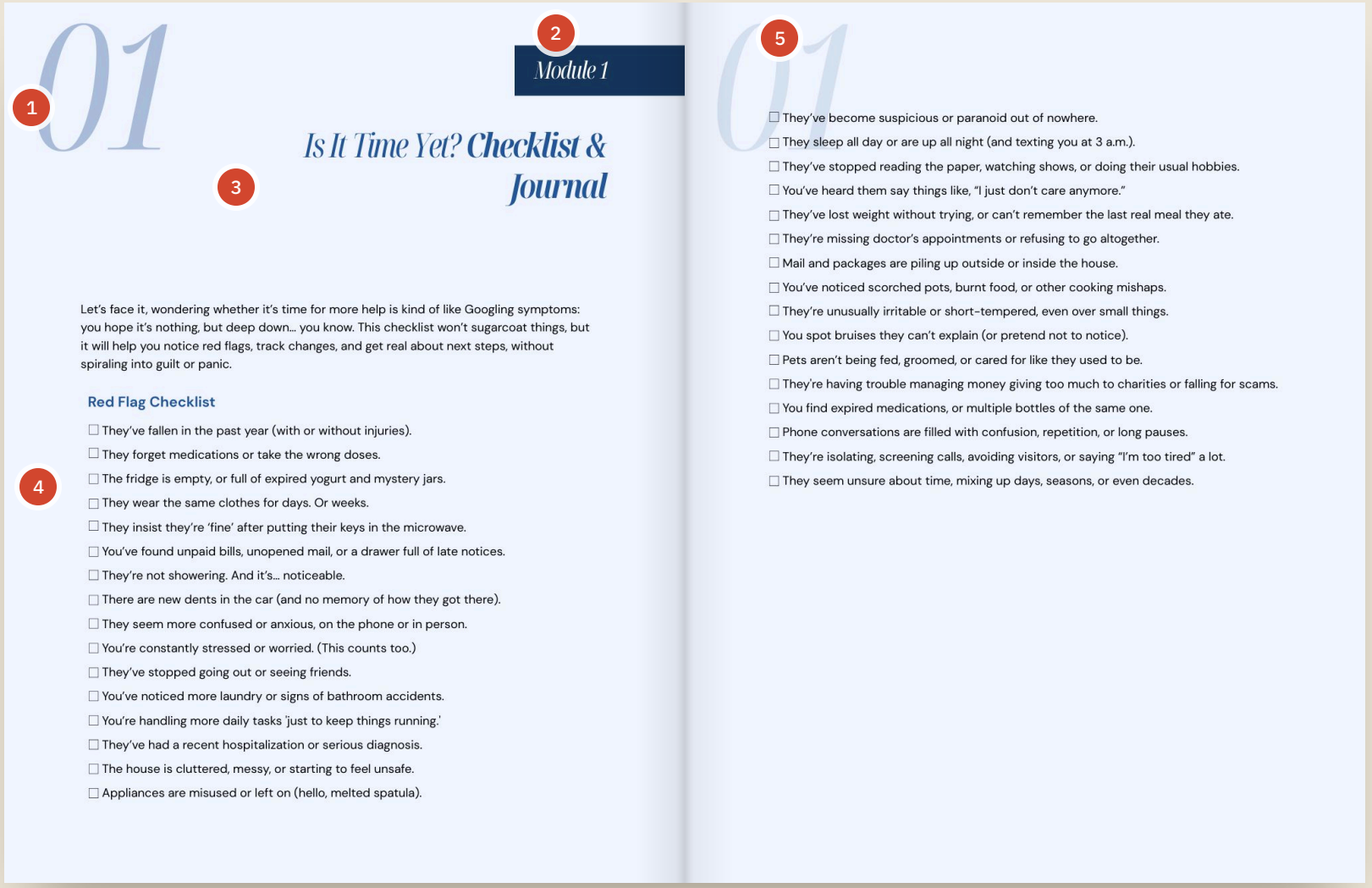
The author's idea, built into a cover that reads as *trustworthy.*



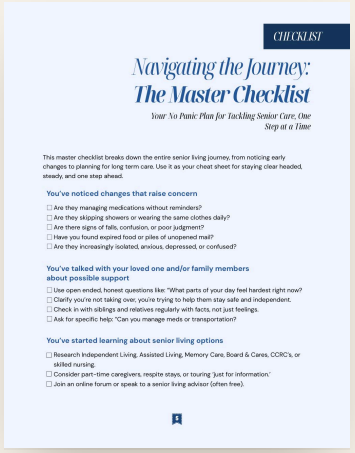
1. **Back-cover hook**
   A serif headline that speaks straight to a stressed reader.
2. **"Inside you'll find"**
   Four bold-led bullets, easy to scan in a shop.
3. **Author block**
   Photo and bio with her credentials up front.
4. **Teal spine**
   The accent color, so the book is easy to spot on a shelf.
5. **Stacked title**
   Serif, sans and a bold gradient "WORKBOOK", from calm to action.
6. **Compass art**
   Orange-to-teal light behind a compass: finding your way.

Every module opens the *same way*, so readers never feel lost.

1. **Big module number**
   An outlined numeral you can find while flipping pages.
2. **Navy tab**
   Labels the page type: Module, Questions, Checklist.
3. **Italic title**
   A condensed serif that feels warm, not clinical.
4. **Tick-box checklists**
   Real boxes to tick, with room between items.
5. **Faded numeral**
   Carries the module number onto follow-on pages.



Six page types, one calm system.


CHECKLIST

Navigating the Journey: The Master Checklist

Your No Panic Plan for Tackling Senior Care, One Step at a Time

This master checklist breaks down the entire senior living journey, from noticing early changes to planning for long term care. Use it as your cheat sheet for staying clear headed, steady, and one step ahead.

You've noticed changes that raise concern

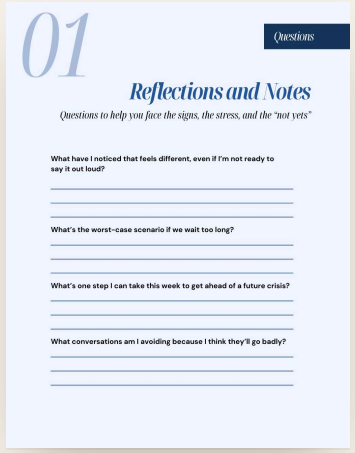
- ☐ Are they managing medications without reminders?
- ☐ Are they skipping showers or wearing the same clothes daily?
- ☐ Are there signs of falls, confusion, or poor judgment?
- ☐ Have you found expired food or piles of unopened mail?
- ☐ Are they increasingly isolated, anxious, depressed, or confused?

You've talked with your loved one and/or family members about possible support

- ☐ Use open ended, honest questions like: "What parts of your day feel hardest right now?
- ☐ Clarify you're not taking over, you're trying to help them stay safe and independent.
- ☐ Check in with siblings and relatives regularly with facts, not just feelings.
- ☐ Ask for specific help: "Can you manage meds or transportation?

You've started learning about senior living options

- ☐ Research Independent Living, Assisted Living, Memory Care, Board & Cares, CCRC's, or skilled nursing.
- ☐ Consider part-time caregivers, respite stays, or touring 'just for information.'
- ☐ Join an online forum or speak to a senior living advisor (often free).


01 Questions

Reflections and Notes

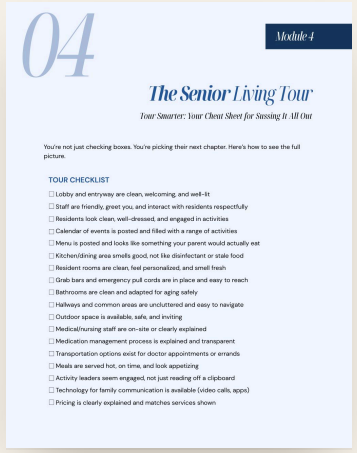
Questions to help you face the signs, the stress, and the "not yets"

What have I noticed that feels different, even if I'm not ready to say it out loud?

What's the worst-case scenario if we wait too long?

What's one step I can take this week to get ahead of a future crisis?

What conversations am I avoiding because I think they'll go badly?


04 Module 4

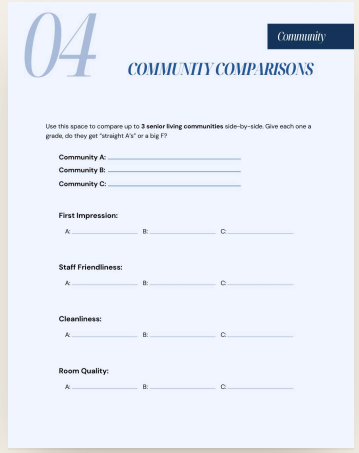
The Senior Living Tour

Your Smarter, Your Cheat Sheet for Sussing It All Out

You're not just checking boxes. You're picking their next chapter. Here's how to see the full picture.

TOUR CHECKLIST

- ☐ Lobby and entryway are clean, welcoming, and well-lit
- ☐ Staff are friendly, greet you, and interact with residents respectfully
- ☐ Residents look clean, well-dressed, and engaged in activities
- ☐ Calendar of events is posted and filled with a range of activities
- ☐ Menu is posted and looks like something your parent would actually eat
- ☐ Kitchen/dining area smells good, not like disinfectant or stale food
- ☐ Resident rooms are clean, feel personalized, and smell fresh
- ☐ Grab bars and emergency pull cords are in place and easy to reach
- ☐ Bathrooms are clean and adapted for aging safely
- ☐ Hallways and common areas are uncluttered and easy to navigate
- ☐ Outdoor space is available, safe, and inviting
- ☐ Medical/nursing staff are on-site or clearly explained
- ☐ Medication management process is explained and transparent
- ☐ Transportation options exist for doctor appointments or errands
- ☐ Meals are served hot, on time, and look appetizing
- ☐ Activity leaders seem engaged, not just reading off a clipboard
- ☐ Technology for family communication is available (video calls, apps)
- ☐ Pricing is clearly explained and matches services shown


04 Community

COMMUNITY COMPARISONS

Use this space to compare up to **3 senior living communities** side-by-side. Give each one a grade, do they get "straight A's" or a big F?

Community A: _____

Community B: _____

Community C: _____

First Impression:

A: _____ B: _____ C: _____

Staff Friendliness:

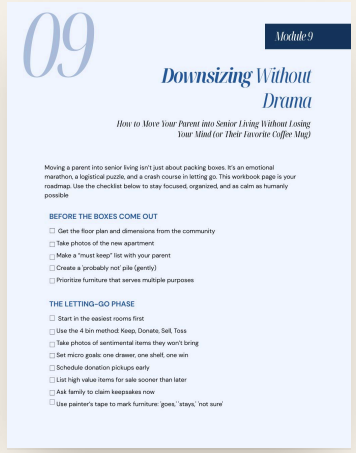
A: _____ B: _____ C: _____

Cleanliness:

A: _____ B: _____ C: _____

Room Quality:

A: _____ B: _____ C: _____


09 Module 9

Downsizing Without Drama

How to Move Your Parent into Senior Living Without Losing Your Mind (or Their Favorite Coffee Mug)

Moving a parent into senior living isn't just about packing boxes. It's an emotional marathon, a logistical puzzle, and a crash course in letting go. This workbook page is your roadmap. Use the checklist below to stay focused, organized, and as calm as humanly possible

BEFORE THE BOXES COME OUT

- ☐ Get the floor plan and dimensions from the community
- ☐ Take photos of the new apartment
- ☐ Make a "must keep" list with your parent
- ☐ Create a 'probably not' pile (gently)
- ☐ Prioritize furniture that serves multiple purposes

THE LETTING-GO PHASE

- ☐ Start in the easiest rooms first
- ☐ Use the 4 bin method: Keep, Donate, Sell, Toss
- ☐ Take photos of sentimental items they won't bring
- ☐ Set micro goals: one drawer, one shelf, one win
- ☐ Schedule donation pickups early
- ☐ List high value items for sale sooner than later
- ☐ Ask family to claim keepsakes now
- ☐ Use painter's tape to mark furniture: 'goes,' 'stays,' 'not sure'


13

Name: _____

Relationship: _____

Phone/Email: _____

Can visit/check in? ☐ Yes ☐ Occasionally ☐ No

Notes: _____

Name: _____

Relationship: _____

Phone/Email: _____

Can visit/check in? ☐ Yes ☐ Occasionally ☐ No

Notes: _____

Name: _____

Relationship: _____

Phone/Email: _____

Can visit/check in? ☐ Yes ☐ Occasionally ☐ No

Notes: _____

MASTER CHECKLIST

The whole journey on one plan, grouped by stage.

REFLECTION PAGES

One question at a time, with ruled lines to write on.

TOUR CHECKLIST

Tick-box list to take on visits to care homes.

COMPARISON TABLE

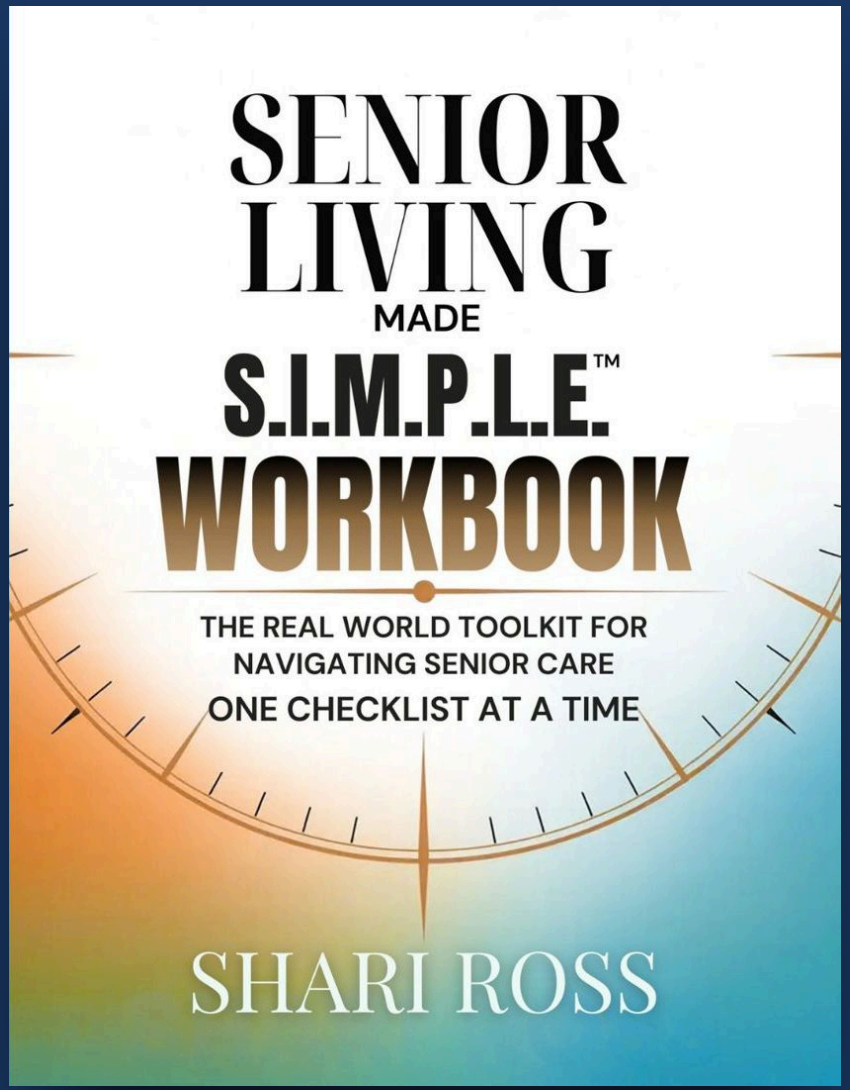
Score three communities side by side.

PRACTICAL MODULES

Downsizing tips set as clear, short steps.

FILL-IN FORMS

Contact cards for the family support team.



From raw content to a paperback families can write in.

DELIVERABLE	USE
Interior layout · 73 pages, 8.5 × 11	Paperback
Full cover wrap · front, spine, back	Paperback
Page system: openers, checklists, forms	Layout
Print-ready PDF files	Print
Book mockups	Launch

A workbook gets written in. So every prompt has real lines with room for handwriting, and every checklist has real boxes to tick.

YOUR BOOK NEXT

Send me the manuscript. *I'll handle the rest.*

TO GET A QUOTE, MESSAGE ME WITH

01 Your word count

02 Genre and audience

03 Formats you want (ebook, paperback, hardcover)

04 Your target launch date