



INDEPENDENT LIVING

Independent living is a type of lifestyle option for older adults who desire a maintenance-free lifestyle and a community atmosphere. Independent living communities offer an array of amenities and services to support the needs and desires of their senior residents, such as: private housing, meals, housekeeping, transportation, and social and recreational activities.

Independent communities are designed for seniors who are able to live on their own and perform daily living activities without assistance, but are still choose to utilize available services such as a home care agency for additional support. The goal of independent living is to provide seniors with a comfortable, supportive, and engaging atmosphere where they can continue to live a fulfilling and independent life.

- **Maintenance-free lifestyle: Private housing and a range of services such as meals, housekeeping, transportation, and more, allowing residents to enjoy a maintenance-free lifestyle.**



INDEPENDENT LIVING

- **Community atmosphere:** A supportive and engaging environment where residents can form new relationships and participate in social and recreational activities.
- **Personalized support:** Variety of resources and activities to support the individual needs and preferences of their residents, including access to a home care agency for additional support.
- **Emphasis on independence:** Designed to promote independence and well-being for older adults, allowing them to continue to live a fulfilling and independent life.

These unique features make independent living a popular and attractive housing and lifestyle option for older adults who want to live a maintenance-free lifestyle while enjoying the benefits of a supportive community atmosphere.

Contact one of our care coordinators to learn more!



ASSISTED LIVING

Assisted Living Communities also offer what Independent Living Communities and more. Assisted Living also residents to feel they are maintaining their independence while still having the peace of mind that comes from knowing there is help nearby when needed. Assisted Living Communities look and feel like home with many additional benefits.

Assisted Living Communities are designed with safety and security in mind. The staff is on-site and available around the clock so residents can quickly receive help when needed.

Assisted Living communities provide an array of avenues for their residents to form new relationships and participate in a variety of leisure activities, such as learning new hobbies or continuing to pursue existing interests.

Most assisted living communities offer transportation services to facilitate community involvement and engagement, allowing residents to attend events such as shopping trips, theater performances, sporting events, medical appointments, and much more. The goal at these kind of communities is to promote socialization, enhance well-being, and improve quality of life for older adults.



ASSISTED LIVING

The benefits that a Assisted Living Community offers:

- **Socialization opportunities**
- **Activities and events**
- **Meals, daily supportive care, housekeeping and maintenance**
- **Assistance with transportation to appointments and shopping**
- **24/7 staff, safety and security**

Assisted Living communities main goal is to help older adults maintain their independence, dignity, and quality of life, while receiving the support to live comfortably and securely.

Contact one of our care coordinators to learn more!



MEMORY CARE

Memory care Communities are designed to provide a safe, structured environment with set routines to lower stress for people with Alzheimer's or dementia. Memory care communities offer on-site therapies and catered activities to create the best environment for seniors with dementia.

Memory care is important for aging seniors because it provides specialized support and care for individuals with cognitive impairments, such as Alzheimer's disease and other forms of dementia. Memory care provides a safe and secure environment for individuals with cognitive impairments and offers a variety of activities and services to help improve their quality of life, including personalized care plans, staff trained in memory care, and specialized memory-enhancing therapies and activities. Some benefits that memory care Facility offers:

- **Security:** Family caregivers can't always be present around the clock to keep a loved one safe; the security of a memory care program can offer peace of mind. Memory care communities have a secure environment designed to keep residents with cognitive impairments safe and free from wandering or other safety risks.



MEMORY CARE

- **Specialized Care:** Staff members are trained on dementia-specific topics such as coping with Sundowner's Syndrome, or safely managing wandering and non-verbal communication skills. Trained staff members will ensure that your loved one receives the necessary assistance with activities of daily living and have access to appropriate healthcare services.
- **Life Enrichment:** Memory Care programs use therapy, music therapy, pet therapy, art therapy and more to connect and engage with Alzheimer's residents, working with limitations to help support their abilities and protect their independence.
- **Nutrition:** The staff understand how to work around the challenges to manage meals on their own. Utilizing practices such as managing the mealtime environment or by creating finger foods to make it easier to eat can help meet the senior's daily nutritional needs.

Memory care communities provide a supportive, engaging, and homelike environment where individuals with cognitive impairments can continue to live a fulfilling life, despite their cognitive impairments. Memory care is important for aging seniors because it provides a specialized and supportive environment for individuals with cognitive impairments, helping them to maintain their safety, independence, and quality of life as they age.

The goal of memory care is to support individuals with memory loss and their families by providing a comfortable, supportive, and stimulating environments.



NURSING HOME SKILLED/REHAB

A nursing home is a residential care facility for individuals who require around-the-clock medical attention and assistance with daily activities. It provides a safe and supportive environment for individuals who are unable to live independently due to physical or cognitive limitations, but do not require hospitalization.

Finding the right nursing home for a loved one can be a challenging process, as there are many factors to consider and options to choose from. Some of the common challenges include:

- **Cost:** The cost of nursing home care can be high and may vary greatly between facilities. It's important to consider the cost of care and compare it to the available options to determine which is the best fit for your budget.
- **Quality of care:** Different nursing homes may offer varying levels of care and services, making it important to research and compare options to ensure that your loved one will receive high-quality care.



NURSING HOME SKILLED/REHAB

- **Location:** The location of a nursing home can impact its accessibility and convenience for family members who want to visit regularly. It's important to consider location to family and friends, as well as any transportation or mobility needs when deciding on a nursing home.
- **Availability:** Nursing home beds may not always be available, especially in high-demand areas. It's important to plan ahead and consider alternative options if your preferred nursing home is not available.
- **Culture and environment:** The culture and environment of a nursing home can have an impact the quality of life and well-being of your loved one. It's important to consider factors such as staff and resident interactions, the cleanliness of the facility, and the availability of activities and amenities when deciding on a nursing home.

It's important to research and compare options, and to involve your loved one in the decision-making process if possible, to be sure that you find a nursing home that meets their needs and provides high-quality care.



NURSING HOME SKILLED/REHAB

Nursing homes offer a wide range of services, including medical care, personal care, and daily living support. They are staffed by licensed healthcare professionals, such as: registered nurses, licensed practical nurses, and nursing assistants. These individuals work together to provide high-quality care and support to residents around the clock.

Nursing homes also provide a variety of recreational and social activities to promote well-being and engagement. The activities might include group outings, arts and crafts, musical performances, and more.

Nursing homes vary in size, style, and services offered, so it is important to research and compare your options to find a nursing home that meets the specific needs of your loved one. Important factors to consider when selecting a nursing home include the quality of care, cost, location, and the culture and environment of the facility.