

# CHOOSING THE RIGHT SENIOR LIVING COMMUNITY







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# BENEFITS OF SENIOR LIVING

As we get older, our abilities and needs may change, but that doesn't mean we can't continue to lead active, purposeful lives. Senior living offers the perfect balance of independence and support. Residents are presented with an array of benefits for health **and** happiness — for seniors who need assistance with daily living and seniors who are looking for an active, engaging lifestyle. From more opportunities for socialization and convenient, healthy dining options to low-maintenance living and interiors designed for maximum mobility, senior living supports safety and enhances successful aging in a myriad of ways.



# SENIOR LIVING CHOICES

There are many types of senior living to choose from. Learn more about the differences, advantages and considerations of each senior living option with our comprehensive *Insider's Guide to Senior Living*. We're here to help you make an informed decision and discover the best fit for you and your family.

 <p><b>ACTIVE ADULT COMMUNITIES (AGE RESTRICTED)</b></p> <p>Level of Care Needs: Low</p> <p>Amenities:</p> <ul style="list-style-type: none"> <li>• Community rooms</li> <li>• Swimming pools</li> <li>• Fitness centers</li> </ul>	 <p><b>INDEPENDENT LIVING</b></p> <p>Level of Care Needs: Low</p> <p>Services</p> <ul style="list-style-type: none"> <li>• Dining services</li> <li>• Linen services</li> <li>• Housekeeping</li> <li>• Social and recreational activities</li> </ul> <p>Concierge and transportation services</p>	 <p><b>ASSISTED LIVING</b></p> <p>Level of Care Needs: Moderate</p> <p>Services</p> <ul style="list-style-type: none"> <li>• Health and medical services, including wellness checks and medication management</li> <li>• Specially trained caregivers for around-the-clock support</li> <li>• Access to specialized programs for specific care needs such as diabetes management, rehab care, and cognitive enrichment</li> <li>• Assistance with activities of daily living</li> <li>• Hospitality services (i.e. dining, housekeeping and laundry)</li> <li>• Social and recreational activities</li> </ul>	 <p><b>MEMORY CARE</b></p> <p>Level of Care Needs: Moderate to High</p> <p>Services</p> <ul style="list-style-type: none"> <li>• Range of programs based on unique abilities and needs</li> <li>• Assistance with activities of daily living</li> <li>• Health and medical services such as wellness checks and medication management</li> <li>• Licensed, skilled nurse and specially trained staff on-site 24/7</li> <li>• A carefully monitored, secure environment</li> <li>• Hospitality services (i.e., transportation, dining, housekeeping and laundry)</li> <li>• Social and recreational activities</li> </ul>	 <p><b>SKILLED NURSING (NURSING HOME)</b></p> <p>Level of Care Needs: High</p> <p>Services</p> <ul style="list-style-type: none"> <li>• 24/7 nursing services</li> <li>• Assistance with activities of daily living</li> <li>• Assistance with daily health care needs</li> <li>• Continuous supervision</li> <li>• Medication management</li> <li>• Palliative care</li> <li>• Specialized rehabilitation services</li> </ul>
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# 8 SIGNS IT'S TIME FOR SENIOR LIVING

If you are seeing changes in health, memory or behavior in yourself or a loved one, it may be time to consider senior living. Here are some signs to look for that indicate moderate or high care needs – and a need for more support.



## 1 MIXING UP MEDICATIONS

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- Running out of medication
- Skipping doses or overdosing
- Having difficulty ordering meds from the pharmacy

## 2 EXERCISING POOR NUTRITIONAL HABITS

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- Skipping meals
- Weight loss

## 3 INCREASING DIFFICULTY IN PERFORMING DAILY ACTIVITIES

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- Bathing less frequently
- Changes in hygiene
- Wearing the same clothes multiple days

## 4 FREQUENT FALLS

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- Home is not adapted for mobility and health needs
- Help is not nearby in case of a fall

## 5 SHORT-TERM MEMORY LOSS

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- Misplacing things in odd places
- Trouble retracing steps
- Forgetting to turn off the stove

## 6 BECOMING FEARFUL OF LIVING ALONE

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- Afraid at night
- Overly dependent on family members
- Neighborhood becoming less safe

## 7 EXPERIENCING LACK OF SOCIALIZATION

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- Becoming isolated at home
- Becoming depressed, often from the loss of spouse, long-time friends or relatives
- Losing interest in favorite activities
- Difficulty going to social gatherings

## 8 DIFFICULTY MAINTAINING THE HOUSE AND YARD

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- Avoiding laundry and housekeeping
- Clutter accumulation
- Poor lawn maintenance



It's important to assess your current situation and start considering the level of independence, environment, safety, health care and daily needs you'll need in the near future. Determine your level of care needs with our free assessment "Is it time to get help?" It only takes a few minutes.





# WHAT TO LOOK FOR IN A SENIOR LIVING COMMUNITY

As you begin to compare different senior living options and communities, take some time to get to know each option you're considering and find the best fit for your needs. It's a big decision and it's normal to have questions and concerns.

## STAFFING

- Does this long-term care option provide
- ongoing staff training?
- Do they conduct staff background checks and screenings?
- What is the staff retention rate?
- How often are the staff trained or uptrained on caregiving standards and strategy?

## FOOD

- Does this community provide nutritious and delicious meals? How often?
- Does this community provide a variety of menu items?
- What is the dining experience? Are there opportunities for socialization?
- Is the food prepared fresh daily by cooks?
- Do they accommodate special diets?

## HEALTH AND SAFETY

- Is this community compliant with CDC standards for COVID-19?
- Does this community require COVID-19 vaccinations?
- What health and safety protocols does the community follow?
- Is the community licensed for a range of care?
- Do the buildings feature a senior-friendly design?
- Is there a proactive plan for fall prevention?
- Does the residence have a resident emergency response?

## ATMOSPHERE

- Is the staff friendly and helpful?
- Do residents appear happy and comfortable?
- Is it clean with no unpleasant odors?

## ACTIVITIES AND AMENITIES

- What types of daily activities are offered?
- Do they have any physical fitness activities?
- Do they provide housekeeping and laundry services?

## CONTRACTS/COST

- Do you have to lease or buy-in?
- Is there an entry fee? Is it refundable?
- Are refunds available?
- What is the discharge or termination policy? Is it covered by long-term care insurance?
- Do they accept qualified Assisted Living Waiver applicants?

## PERSONAL CARE SERVICES

- Do they create a written personal care plan?
- Do they offer personal care services?
- Do they offer medication management?
- Who oversees care?
- Do they provide dementia care?
- Do they provide respite care?
- Are physical, occupational and speech therapies available on-site?
- Are they licensed?

## NOTES

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# SUCCESSFUL AGING

## MAXIMIZING LIFESTYLE AT EACH LIFE STAGE

Part of the mission of Specialized Community Healthcare is to promote successful aging by focusing on possibilities rather than limitations. As we're driven by innovation, Specialized Community Healthcare supports successful aging through environmental modifications, curated diet options, and adapted activities. When resident care needs progress, our care plans, social plans, and dynamic environments can evolve to meet new needs and restore a feeling of vitality and purpose.

## UNLOCKING THE SECRETS TO SUCCESSFUL AGING

In order to age successfully, a social environment is critical. People are happiest in a supportive place where they feel engaged, valued and challenged. In addition to a social network, research has shown that mental fitness activities, along with a healthy diet and exercise regimen can improve quality of life and extend independence.



# ABOUT SPECIALIZED COMMUNITY HEALTHCARE

## THE BEST OF HOSPITALITY AND HEALTH CARE

Specialized Community Healthcare is an Assisted Living organization that is comprised of seven communities in Southern California. We combine the highest standards of hospitality with a laser-focused approach to care to help residents stay active, engaged, and living to their full potential. Each community was designed with gerontology, hospitality, architecture — and the preferences of seniors and families — top of mind.

## SERVICE GUARANTEE

Our guarantee is to provide the highest quality of healthcare professionals. SCH thoroughly screens each applicant and follows an internal quality assurance program to ensure we are hiring the most highly-qualified candidates. We work with many locations in many different capacities with the sole goal being to enhance quality.







THE RIGHT CARE  
SUPPORT ~ GROWTH ~ FAMILY  
At SCH we believe that our support for one another, our focus on personal growth, and our constant efforts to create a family environment are what put our team above the rest.

SOMETHING FOR EVERYONE  
Our fun-filled communities & professional services are all-inclusive, including all ADL and medication management for no added cost We continue to be a leader in care in southern California. Our overall care combined with the feeling of community, family and safety is what you will see the moment you join us!

If you'd like to speak with a care advisor about senior living options that might be a good fit for you or a loved one, we're always here to help.

VISIT \_\_\_\_\_  
[SPECIALIZEDCOMMUNITYHEALTHCARE.COM](https://www.specializedcommunityhealthcare.com) OR  
CALL (213) 478-0524