

What is Assisted Living?

The general purpose of an assisted living community is to provide a supportive environment with choices and assistance to help seniors maintain independence and continue to enjoy quality of life.

Assisted Living- Residents are supported in order to maintain a maximum level of independence.

VS

Independent Living- Residents are able to coordinate their own care and meet their own day to day needs.

Triggers to begin exploring assisted living

- ☐ Need help bathing, dressing, and grooming
- ☐ Forgetting to take meds
- ☐ Requires more than 4 hours private duty assistance
- ☐ Weight loss or nutrition deficiency
- ☐ Physical declines, falling
- ☐ Mental changes
- ☐ Isolation, no longer socializing



Services and features found in an assisted living community

- Private or shared accommodations- studios, 1 bedroom, 2 bedroom apartments
- 3 meals per day
- Snacks and beverages
- Utilities
- Weekly housekeeping and laundry service
- Daily bed making
- Maintenance services
- Scheduled transportation service
- Escorted group outings
- Certified Nurse Assistant to assist with activities of daily living (ADL's) – showers, dressing, grooming, incontinence care, companion service, cueing and reminding
- Medication management
- Frequent checks for those at risk
- On site physical therapy and visiting physician
- Daily social lifestyle activities
- Exercise and wellness program

Costs

- Base rent (includes rent, utilities, meals, housekeeping, transportation, laundry service, activities, emergency call system)
- Level of Care (as low as basic wellness monitoring to as high as total care)



Financial Assistance

- VA aid and attendance
- Medicaid Diversion
- Medicaid waiver