



ASSISTED LIVING

Most seniors want to remain living in their homes, and that is understandable. Maintaining a sense of independence is essential for them, but there are concerns and drawbacks associated with aging in place. Health challenges in older seniors can reduce their ability to move around, keep track of medication schedules, as well as diminish their sight and hearing.

Assisted Living

According to the Center for Disease Control around 9% of seniors ages 75 to 84 need help with their personal care. That number grows to 21% starting at 85 yrs old.

Assisted Living Facilities (ALF's) offer assistance to older adults who don't need regular medical care while supporting an independent lifestyle.

In some states, assisted living is called residential care or personal care. Our Loving Assisted Living experts will help you find the best community for yourself or a loved one.

Benefits of Assisted Living

According to research, seniors who move to a retirement community live 7-10 years longer. Improvement in the quality of life will help slow down cognitive decline while keeping residents healthier and happier. You can have peace of mind when there is 24-hour staff available for the safety, care, and support of your loved one.

When do you know if assisted living is the right choice? It is best to think back over the past year if your loved one is having issues with the following:



They've experienced at least one fall, with or without injury.



Meal preparation is becoming more difficult.



You've noticed signs of hunger or that nutritional needs aren't being met.



It's getting harder for them to safely move around the house.



More help is needed getting dressed, bathing, managing medication, or with other daily activities.



You have worries about isolation and/or their safety.

How Levels of Care Affect Pricing

Assisted living costs can vary from state to state, for example, senior living is more expensive in California than in Tennessee.

When you consider senior care choices, the cost is an important factor. On average assisted living can be far more economical than long-term in-home care or nursing home care.

The cost of assisted living facilities will also vary from home to home, so the price will come down to what you are looking for and what your loved one needs.

8 Benefits Of Moving Into An Assisted Living Home



1 Preventing Social Isolation

When a senior is living alone they are at a higher risk for social isolation and increased feelings of loneliness and depression. In an assisted living facility, seniors live in a community environment, making friends and staff encouraged to participate in social events. Our communities have dynamic and diverse activities, residents can even have the opportunity to take up new hobbies or join a new fitness class.

2 Around The Clock Professional Care

Living in an assisted living facility will get the help that they need with their everyday activities, which include dressing, bathing, hygiene, medication management, and more.

Your loved one will be getting around-the-clock care to make sure that all of their needs are being met, and making sure that they get the attention that they need.



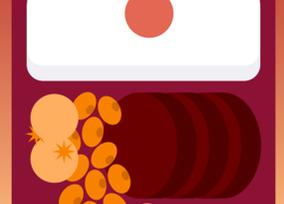
3 Independence and Fun

Assisted living communities are designed to promote independence and enjoyment, even though each resident will receive a customized care program, they are designed to make sure that your loved one is doing what they want to do.

Having fun is an important part of assisted living, and we promote all of our residents to have fun in a variety of different ways.

4 Free Time

Living in an assisted living home there are no more home duties, yard work, cleaning the dishes, or home maintenance. Homeownership can be annoying for seniors. Having the time to do what they want is how we take care of our residents, no more duties, there is more time to have fun, socialize and do what they want to do.



5 Delicious Meals

Meals at assisted living homes are designed to create a healthy senior. The burden of cooking and cleaning is taken away. There are no more dangers of leaving the stove on. Assisted living homes hire talented chefs, so your loved one will enjoy delicious meals, that are healthy and that taste great too. Mealtime at assisted living homes is a social event, it is a perfect time to socialize and meet new friends.

6 Safe Transportation

Living in an assisted living community, transportation is provided, when driving has become unsafe and owning a vehicle is a hassle, your loved one will be able to have the transportation that they need.



7 Investing in Health Senior Living

Moving into an assisted living facility, the lifestyle promotes health and will give your loved one plenty of options for lifestyle and activities. All residents will have their own individual custom care plan, it will be evaluated by a medical professional, and if anything should change in their health, the team of professionals will diagnose it early and provide the best treatment.

8 Peace of Mind

You will have peace of mind knowing that your loved one is being well taken care of, all of their needs are being met, they are living in a safe environment. Seniors also rest easier at assisted living homes, knowing that they have the support that they need in the home, they are not lonely, and have the support of the community.



How Are Care Levels Assessed?

Though the components of each care standard differ from facility to facility, some common standards exist. There are two types of services beyond room and board: basic services and care & supervision.

Basic services are community activities, personal assistance, and coordinating medical and dental visits. Care and supervision consist of help with hygiene, dressing, and grooming, supervising self-administered medications, and dietary needs.



Bathing



Clothing



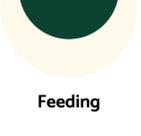
Grooming



Bath Continenencing



Caregivers



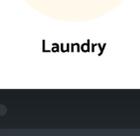
Feeding



Bath Medicationing



Dementia



Laundry

Conclusion For Assisted Living

Having broken down what you can expect when you are looking into retirement living, we hope you now know what you can expect from an assisted living home. We are a referral service, and we have a large network of senior living partners, all over the nation, so if you need to find the perfect assisted living services for your loved one, we are here to help you. Here is some more information about assisted living.