



ANTHOLOGY

SENIOR LIVING

Making the Move to Senior Living: A Guide to Change

When Is a More Supportive Environment Right for You?

Deciding whether to remain in your home or move to a senior living community can be a daunting task. Often times, seniors can still manage at home with support from family and friends. They may be resistant to moving because they don't know what to expect or fear losing their independence. If you or your loved one are in a similar position, here are some areas to evaluate that can help determine when a more supportive environment is right for you:

Social isolation: withdrawing from friends and regular activities because of declining health, embarrassment over memory, personal care issues or lack of mobility can lead to isolation, loneliness and even depression.

Personal care: difficulty or lack of interest in bathing, grooming, dressing or other areas of personal hygiene can signal the need for personal care assistance.

Safety concerns: risks posed by stairs, bathtubs, winter weather and severe weather damage or power outages can increase vulnerability at home.

Physical limitations: difficulties with mobility and balance can lead to a fall, which can have other health consequences.

Memory loss: leaving a burner on after cooking, not taking necessary medications or getting lost on a trip to the store can indicate cognitive decline.

Health risks: difficulty caring for medical conditions and maintaining overall wellness—through poor nutrition, improper wound care or taking the wrong dose of medications—can turn a manageable condition into a critical one.



Talking with Others about Making the Change

Having an open and honest conversation as a family is important to help everyone understand each other's perspectives and make them comfortable with whatever decision is made afterward. Here are a few suggestions that can ease the conversation:

- ☐ **Involve siblings early:** if multiple siblings are participating in the decision-making process, listen to everyone before deciding on a course of action.
- ☐ **Talk from your heart:** frame the conversation around your concerns. Telling a loved one “I’m worried about you” is a less critical way to be true to your emotions. You’ll have a better conversation when you allow everyone to hear and respond to your concerns.
- ☐ **Take a collaborative approach:** involve important family members in key decisions by reviewing options, visiting communities and discussing finances together.



What's Next?

Talk to our trained, experienced staff about your situation, including any questions or concerns that you or your family may have. We can help:

- ☐ Arrange a visit to one of our communities
- ☐ Find suitable care options, even if we aren't the right fit for your needs
- ☐ Put you in contact with other professionals who can support your decision-making process

Tips for family and friends: In some cases, you may want help working through this decision. Talk to a trusted health-care provider or medical social worker who can present an objective, clinical recommendation. You might also consider speaking with elder-care mediators trained to work through family challenges.

Notes to ask an Anthology Senior Living team member as you consider whether it might be time to make the move:



Reviewing Your Options: A Guide to Senior Living

Before you decide to make the move to a senior living community, it's a good idea to become familiar with the different types of living and the care options available. Wherever you are in your story, we know that finding the perfect senior living experience is paramount. Explore our senior living options to learn how each of our communities is purposefully and beautifully built with you in mind:

Independent living: Many seniors choose independent living communities when they do not require assistance with activities of daily living and wish to continue living independently but want to develop social connections in a larger community. These communities offer a carefree lifestyle, without the burdens of chores, home maintenance or other difficult tasks, such as meal preparation, housekeeping, laundry and more.

Assisted living: Assisted living communities offer supportive services such as personal care, housekeeping and home maintenance. Assisted living offers the benefit of a full-time team that monitors a resident's health and works to provide the support that residents need for continued well-being. It also offers the benefits of a community with other residents. Many times, reluctant seniors move into an assisted living facility and become more active and socially engaged. Ultimately, they often find themselves happier and more fulfilled than they were on their own.

These communities are best suited for people who do not require constant care but may want to maintain as much independence as possible while having services available as their health needs change. Residents of assisted living may also need help with tasks such as bathing, meal preparation or other activities of daily living (ADLs). Increasingly, assisted living communities can coordinate services such as physical therapy with third-party providers.



Memory care: In memory care communities—or in dedicated memory care neighborhoods within communities—residents receive care to help manage the symptoms of memory loss and dementia, including Alzheimer's. Providers in these communities are specially trained to recognize and address issues stemming from cognitive decline, such as confusion, fear and anxiety. Memory care communities provide secure environments designed to prevent residents from wandering off and becoming lost, which is a common and dangerous symptom of Alzheimer's disease and other dementias. Security usually takes the form of alarmed exit doors rather than locked exit doors.

Skilled nursing: Skilled nursing facilities are for those older adults who need 24-hour nursing care. The skilled staff is well equipped to handle a senior's medical care needs. Residents usually move into skilled nursing facilities to recuperate after a recent hospitalization, if they're suffering declining health or loss of mobility, or have needs that are too challenging for an assisted living community.



Other Options

Home care and companionship care: These types of care providers can extend the time that a senior remains in their own home. There are different kinds of in-home help available:

- ☐ Home health aides can help with activities of daily living (ADLs) like grooming, bathing, dressing and incontinence care.
- ☐ Homemaker service providers offer light housekeeping, meal preparation and companionship.
- ☐ Home or private-duty nurses can deliver medical care such as injections, wound care and medication management.

If you are exploring home care, it's important to understand your needs and how many care providers you must hire.

Short-term respite or retreat stays: These consist of senior living communities that offer temporary stays for those recovering from surgery or an illness. They are also useful for when a caregiver is away for an extended period of time. It can also be an excellent way to test the waters of community living.

Adult day care: Adult day services provide support for caregivers who take care of elderly loved ones at home. Typical programs feature half-day and full-day care for seniors. Many include transportation to and from the adult day center where they are run. Adult day centers provide social activities and healthcare services for adults with physical disabilities and/or cognitive impairments, as well as for frail elders who may otherwise be lonely sitting at home alone. Caregivers who work outside the home, or who simply need a break from time to time, frequently use these types of services.

Continuing-care retirement communities (CCRCs): These communities often provide independent living, assisted living, supportive living and skilled nursing, offering residents a continuum of services, including medical care. Residents can spend the rest of their life in a CCRC, moving between levels of care as needed. These are often communities with large "buy-in" financial structures.



Which Senior Living Option Is Right for You?

How can you and your loved one determine which senior housing and care options are best suited to your unique situation? We've provided this checklist to help you determine the best option for your situation.

INDEPENDENT LIVING COMMUNITY KEY SERVICES AND AMENITIES

- ☐ Companionship
- ☐ Home upkeep
- ☐ Meal preparation
- ☐ Movement and fitness classes
- ☐ Social and cultural events

INDEPENDENT LIVING QUESTIONS TO ASK YOURSELF

- ☐ Are you an active, independent senior?
- ☐ Can you safely manage your personal care needs?
- ☐ Are you able to independently manage your medications?
- ☐ Do you intend—and are you able—to maintain your active lifestyle?



ASSISTED LIVING COMMUNITY KEY SERVICES AND AMENITIES

- ☐ Reminders for medication
- ☐ Mobility and transferring
- ☐ Bathing, grooming and dressing
- ☐ Toileting and incontinence
- ☐ Nursing oversight
- ☐ Coordination of care with therapy, hospice or other providers
- ☐ Medication management
- ☐ Monitoring of chronic conditions including diabetes and respiratory illness
- ☐ Mild cognitive impairment

ASSISTED LIVING QUESTIONS TO ASK YOURSELF

- ☐ Are there signs that more help is needed with the activities of daily living, such as bathing and dressing?
- ☐ Are there increasing concerns about personal care and safety?
- ☐ Has there been a fall—or a series of falls?
- ☐ Is meal preparation becoming more difficult? Are there signs of hunger—or evidence that dietary and nutritional needs aren't being met?
- ☐ Has the family caregiver become worn down or are they experiencing health problems of their own?
- ☐ Do home-care expenses exceed the cost of moving to an assisted living community?
- ☐ Do mobility issues make it difficult (or impossible) to safely maneuver inside and outside the home?
- ☐ Are you worried about isolation and loneliness?



MEMORY CARE COMMUNITY KEY SERVICES AND AMENITIES

- ☐ Wandering or exit-seeking behaviors
- ☐ Behavior not controlled by medication or other treatment

MEMORY CARE COMMUNITY QUESTIONS TO ASK YOURSELF

- ☐ Is around-the-clock supervision required for safety?
- ☐ Are there difficult-to-manage behaviors, such as sundown syndrome, wandering or aggression?
- ☐ Is it a struggle to remain engaged in meaningful activities?

SKILLED NURSING CARE FACILITY KEY SERVICES AND AMENITIES

- ☐ 24/7 medical attention
- ☐ Post-hospitalization support

What's next? As you explore housing options, and before you schedule visits to communities, think about current and future needs. The Anthology Senior Living team can help you determine needs and recommend solutions. Check out our additional resources on our www.AnthologySeniorLiving.com website and schedule a visit with us today!

Notes to ask an Anthology Senior Living team member about senior living options:

WHY WE'RE HERE

In all we do, we exist to make a remarkable impact on the lives we touch. At Anthology Senior Living, we've made it our mission to provide a unique senior living experience that provides our residents with the best in hospitality and care, so they can live their story in a beautiful, meaningful way. We are committed to making a difference in the lives of others.

