

Senior Living EXPLAINED

A guide to all the senior living options available, what the differences are, who it's for, and the benefits of each option.

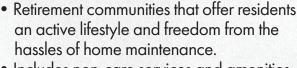


WHAT IS SENIOR LIVING?

Housing communities for seniors with amenities, services, and specialized care. Options include Independent Living, Assisted Living, Memory Care, Continuing Care, and Skilled Nursing.



rdependent Living



- Includes non-care services and amenities designed to make things easier and more convenient
- Services include housekeeping, maintenance, dining, scheduled transportation, and social/ cultural events and activities.
- Offered at select MBK communities.



Assisted Living

- A special combination of housing and care designed to respond to the specific needs of older adults who require help with activities of daily living.
- Services include all services offered in Independent Living plus assistance with activities of daily living, medication management, bathroom assistance, bathing/grooming assistance, and escorts to activities and meals.
- Offered at select MBK communities.



Memory Care

- Memory care communities offer specialized care for those with Alzheimer's disease or other forms of dementia.
- Services include all services offered in Assisted Living plus highly specialized activities and a secured facility.
- Offered at select MBK communities.



Continuing Care

- Continuing Care Retirement Communities (CCRCs)
 typically offer all types of care for residents who
 want to stay in the same place throughout different
 phases of the aging process.
- Services include all services offered in traditional Independent Living and Assisted Living communities.
- Requires a significant initial buy-in plus a monthly maintenance fee.
- Not offered at MBK Senior Living.



killed Nursing

- State-licensed long-term care facilities that offer
- 24-hour medical care provided by nurses.Services are limited to care/medical needs, dining,
- and assistance with activities of daily living.
- Limited apartment options and little to no amenities.Not offered at MBK Senior Living.