



# 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.



### *Independent Living*

- Retirement communities that offer residents an active lifestyle and freedom from the hassles of home maintenance.
- 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.



### *Skilled 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.