

## What Level of Care Do I Need?

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When you hear the phrase “senior living,” you may think about nursing homes of the past. But today’s modern senior living is a far cry from the one-size-fits-all that you may be thinking. It also includes many different types of care, but the most common ones are independent living, assisted living, and memory care. At MBK we offer independent living, assisted living, memory care, and short term/respice care..

You deserve to live in a place that sees you as an individual with your own unique circumstances, requirements, preferences, and desires. That’s why we take a personalized approach to senior living, providing a variety of great options so you can find the community that’s right for you.

But before you get too far along your journey to senior living, it’s important to understand what care levels are available and what each of them includes. So if you’re unfamiliar with the differences between assisted living, memory care, skilled nursing, or even options without care such as independent living; then this is a great place to start.

### Senior Living Communities

There are many options for senior living communities, and each one serves a different purpose depending on you or your loved one’s needs. While each of these options is unique in its own way, they all give you the opportunity to live in a place that feels like home. Explore the different options available to you, and if you need any additional assistance discussing your options, you can always give us a call.

### Independent Living

Independent living is a great option if you want to trade in the worries of homeownership and chores for a carefree and fun-filled lifestyle. Our residents enjoy a cozy and comfortable apartment, quality dining, exciting activities and excursions, and plenty of opportunities to make new friends.

Independent living may be a good fit if:

- You’re ready for someone else to handle the household chores and maintenance.
- You’re looking for a more active social life filled with interesting people.
- You’d love to enjoy a variety of activities, clubs, and events that spark your interests.

## **Assisted Living**

We like to explain assisted living as "support for daily living." If you could use a little help with tasks like personal grooming and medication management, then assisted living just might be the option for you. Our caring team members are available to help with everything from routine daily living activities to housekeeping and laundry so you can spend more time doing the things you love.

Assisted living may be a good fit if:

- You could benefit from having more personal care services than you have at home.
- You need a little extra help with certain daily activities like dressing, bathing, or managing medication.
- You want supportive care but don't need the round-the-clock skilled nursing care found in nursing homes.

## **Memory Care**

Memory care is designed for seniors living with Alzheimer's and other forms of dementia. Rooted in our person-centered approach, our Connections for Living program is designed to help residents maintain their skills and preserve their sense of self through a daily calendar of events that provide exercise, socialization, and entertainment. For new Connections for Living residents, we conduct an in-depth interview with them and their families to learn more about the residents' life history and unique needs. We then pass this information on to our team members who interact with the residents. That way, if the residents need help communicating their needs, our team members will be able to help them.

Memory care may be a good fit if:

- You're worried about the safety and security of your loved one as a result of their changing cognitive abilities.
- You've noticed a change in your loved one's personal care and/or social life, related to their memory loss.
- You're experiencing or concerned about caregiver burnout while caring for someone living with Alzheimer's or dementia.