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What Families Want from Senior Living Providers Belmont Village talks about current trends and options

What do consumers most consistently say they want from Senior Housing? According to a recent market survey, being able to stay in one place ranks high on the list—once seniors settle in, they don't want to have to move again when their needs change.

"People tell us that they don't want to move every couple of years," said Scott Ambrose, executive director of Belmont Village of San Jose. "Maintaining fitness – both mental and physical – is the first step, but to successfully age in place, you need a provider who can offer care and support across the continuum as needs change."

Belmont Village meets this challenge through a range of programming, according to Ambrose. "For example our Mind Body Awareness Club (MBA) is designed to help active seniors maintain optimum health. To manage health changes, we have 24-hour nurses on site. We have a fitness center for wellness programs, where residents can also receive therapy services."

Because of the economic slowdown, providers such as Belmont Village say families are waiting longer to seek senior housing, meaning that new residents may need a higher level of care at move-in, or shortly thereafter.

"Families often turn to us when the primary caregiver is exhausted and cannot cope," said Rich Lieberman, executive director of Belmont Village of Sunnyvale. "A spouse or an adult child will acknowledge that their family member's care needs have gone past the point of what they can handle. They're seeking the type of support that we're staffed and equipped to provide. They may struggle with the decision, but after they see the positive changes in their loved one, they're relieved. They don't want to have to start that process over again every time a new health issue arises."

Belmont Village's MBA Club is a research-based program designed to maintain brain health and long-term wellness through activities that engage mind, body and spirit that contribute to overall fitness. Participants set individual goals and track progress.

The Circle of Friends™ (COF) program is tailored to the needs and abilities of people with mild cognitive impairment (MCI). It is an enhanced, seven-day program of structured mental and physical exercises within a group context, which encourages socialization and strengthens self-esteem and confidence.

Belmont Village's Person-Centered Living™ program for residents with Alzheimer's disease has a carefully planned calendar of activities that respects individual abilities. Residents live in a separate, secured area and are supported by staff members who have been trained in dementia care.

“Our goal is to help all of our residents function at their highest possible level and to lead purposeful lives,” said Lieberman. “These programs help us do that, and they allow our residents to stay in the communities they've come to love.”

For more information about Belmont Village, please visit www.belmontvillage.com or call 408-720-8498.

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