

CHOOSING SENIOR LIVING



A PRACTICAL GUIDE FOR SENIORS AND FAMILIES

A Senior Living community is an ideal solution for older adults, providing a blend of hospitality and health services in a residential setting that promotes independence and provides support for daily living.

The Community Built for Life[®]

CHOOSING THE RIGHT SENIORS HOUSING COMMUNITY

The best community is the one that fits your individual preferences and needs



SENIOR APARTMENTS

Senior apartments are age-restricted apartment properties that allow residents to maintain an independent lifestyle, while providing various amenities. Since, by definition, all residents are over the age of 55, they tend to share common interests and enjoy similar lifestyles and recreational activities. Senior apartments generally do not provide meals to residents, but many offer community rooms, social activities and other amenities associated with apartment living, such as a pool, wellness center and security/emergency response systems.

INDEPENDENT LIVING COMMUNITIES

Healthy, active seniors looking for hospitality services that will make their lives easier, but who do not require personal care or on-site health care, may prefer an independent living community

that offers congregate services. Generally, basic services are included as part of the monthly rent and additional services may be added for an extra fee. Basic services typically include daily meals, linen service and light housekeeping. Extra services could be full maid service and laundry. Independent living communities offer residents private, unfurnished apartments and may provide additional amenities, such as a beauty and/or barbershop, a van that runs to nearby medical or shopping centers, a wellness center and scheduled social activities.

ASSISTED LIVING RESIDENCES

Assisted living residences provide seniors with the opportunity to enjoy a high quality of life, while receiving personal care from trained employees and prompt access to medical and emergency care in a residential setting. Assisted living residents are typically unable to live

independently. They require assistance with activities of daily living (e.g., eating, walking, bathing, dressing and toileting), but don't require continuous, 24-hour medical care. Assisted living communities provide services and amenities similar to those offered by independent living communities, plus assistance with activities of daily living, three meals a day, medication reminders, linen service, housekeeping, activities and transportation. Some assisted living facilities specialize in caring for persons with Alzheimer's disease or other types of dementia. Units in these settings are typically private apartments furnished with a resident's own belongings. They offer safe and secure environments where programs are tailored to the individual needs of the residents.

CONTINUING CARE RETIREMENT COMMUNITIES

CCRCs are the oldest form of seniors housing in America, dating back to the late 1800s. CCRCs offer a variety of living arrangements and services to accommodate residents of all levels of physical ability and health. The goal of a CCRC is to accommodate changing lifestyle preferences and health care needs. Generally, CCRCs make independent living, senior living, and skilled nursing available all on one campus. Today's CCRCs are characterized by an increased range of payment options, including both entrance fee and fee-for-service arrangements. Although in the past, entrance fees were nonrefundable, most new CCRCs have instituted refundable or partially refundable entrance fees. In response to changing preferences among seniors, CCRCs may be offered as condominiums, cooperatives or rental communities.

Descriptions courtesy of American Seniors Housing Association (ASHA)



RESOURCES

Explore the following organization websites to understand your options and help identify your needs:

- Alzheimer's Association
www.alz.org
- American Seniors Housing Association
www.seniorshousing.org
- Argentum
www.argentum.org
- Consumer Consortium on Assisted Living
www.ccal.org
- National Association of Professional Geriatric Care Managers
www.caremanager.org

COMPARING SENIOR LIVING COMMUNITIES

A checklist to help you find the community that best fits your needs

It's best to visit as many facilities as you can to get a sense of the choices. Narrow down your selection to the top two or

three choices, and return to those facilities. Ask questions. Consider the convenience of the location. Speak with residents and

staff. Eat a meal. Visit at different times of the day and weekend. Use this checklist to compare communities.

	BELMONT <i>Village</i>	OTHER FACILITY	OTHER FACILITY
STAFFING			
Senior sensitivity staff training	40 hours		
Ongoing training	Monthly		
Background checks	Criminal, drugs, license, competency		
Licensed nurse	Onsite 24/7		
FOOD SERVICE			
Three nutritious meals per day	Plus snacks		
Menu with many choices	Over 24 daily items		
Food prepared by chefs	Prepared fresh daily		
Special diets accommodated	Please ask		
ACTIVITIES			
Organized daily activities	Ask to see our calendar		
Dedicated activities coordinator	Yes		
PERSONAL SERVICES			
Transportation	Free daily schedule		
Housekeeping	Included weekly		
Laundry	Yes		
Salon	Yes		
Concierge	Yes		
ATMOSPHERE			
Friendly helpful staff	Trained hospitality		
Residents appear comfortable	Amenities designed for comfort		
Clean with no unpleasant odors	High housekeeping standards		
Computer center and internet	Specially designed for seniors		
Fitness activities	Professionally supervised		
Individual residence options	Yes		
PERSONAL CARE SERVICES			
Written personal care plan	Prepared for each resident		
Licensed nurse	Onsite 24/7		
Personal care services	Daily living assistance		
Medication management	Yes		
Alzheimer's care	Separate, secured neighborhood		
Respite care, physical therapy	Physical & Occupational Therapy on-site		
Licensure	All are licensed by state		
SAFETY			
Construction standards	Steel and concrete		
Fire safety system	Comprehensive sprinkler system		
Senior-friendly design	Built-to-purpose architecture		
Residence emergency response	Yes		
Stability of company	Since 1997		
CONTRACTS AND COST			
Lease or buy-in	Monthly rental		
Entry fee	One-time community fee		
Refunds	Please ask		
Discharge policy	30 days written notice		

IS IT TIME FOR SENIOR LIVING?

Telling signs that you can't afford to miss

MIXING UP MEDICATIONS

- Forgetting to take meds or running out of medications
- Taking too much or too little of a medication instead of the prescribed dosage
- Having difficulty correctly ordering medications from the pharmacy

EXERCISING POOR NUTRITIONAL HABITS

- Skipping meals or having trouble preparing meals
- Weight loss

INCREASING DIFFICULTY IN PERFORMING DAILY ACTIVITIES

- Showering less frequently and personal hygiene suffers
- Wearing same clothes multiple days

FREQUENT FALLS

- Having a home environment which is conducive to falls (steps or stairs in home)
- Not having help nearby when a fall occurs

EXPERIENCING SHORT-TERM MEMORY LOSS

- Leaving the stove on
- Forgetting appointments
- Not paying bills
- Not remembering once familiar paths in driving situations

BECOMING FEARFUL OF LIVING ALONE

- Being afraid at night
- Becoming overly dependent on family members
- Neighborhood becoming a less safe place to be

“I wish that we had done this five years ago.” This is the most common concern expressed by seniors and families as they make the transition to a Senior Living community. Here are some signs that may indicate that it is time for Senior Living.

EXPERIENCING LACK OF SOCIALIZATION

- Becoming isolated at home and losing touch with friends
- Becoming depressed, often from loss of spouse, long-time friends or relatives
- Losing interest in previously enjoyed activities
- Having difficulty getting to church or other social gatherings

DIFFICULTY MAINTAINING THE HOUSE AND YARD

- Laundry and housekeeping becoming a burden
- Yard work becoming too physically demanding
- Resorting to living in only a few rooms of the house



TIPS FOR CHOOSING A SENIOR LIVING COMMUNITY

Important questions to ask in your search for the right community

STAFFING

- Is there a licensed nurse on-site 24 hours per day?
- Is the staff trained? Do they receive ongoing in-service training?
- Does the community perform background checks and drug screens?

FOOD SERVICE

- Are there three, high quality, nutritionally balanced meals a day, 7 days a week?
- Is there a menu with a variety of choices for each meal?
- Are special diets an option?

ACTIVITIES

- Are there organized activities: exercise, computers, social events, and outings?
- Is there a dedicated activities coordinator?
- Ask to see an example of an activities calendar.



Choosing a Senior Living community is a major decision, one that should be made with careful research and consideration. The following tips are provided to help seniors and families decide which Senior Living community best fits their needs.



TRANSPORTATION

- Is transportation provided for activities, errands, doctor visits, or worship?
- Is it provided seven days a week?
- Is there a fee?

ATMOSPHERE

- All staff should warmly greet you and residents should appear comfortable.
- The community should be spotless with no unpleasant odors.
- Is it easy to get around and accommodating to wheelchairs and walkers?
- Pick a place where you would want to live.

CONTRACTS, COSTS, AND FINANCES

- Do you lease or buy-in?
- Understand what's included in your monthly rent.
- Ask about additional charges for personal care.
- Understand contracts including policies for terminations and refunds.

MEDICATION AND HEALTHCARE SERVICES

- Is there an individual written care plan for each resident?
- Is there a nurse on-site, around the clock in case of emergencies?
- How are medications managed?
- Are on-site therapy services available?

LICENSURE

- Make sure the community is licensed by the state to provide the care you need.

ALZHEIMER'S DISEASE

- Does the community have a dedicated program for residents with memory loss?
- Does the staff receive special training?

ABOUT BELMONT VILLAGE SENIOR LIVING

Belmont Village communities were developed after years of research in the fields of gerontology, hospitality and dining, architecture, and the preferences of seniors and families. We provide seniors with high quality support in a community built to high standards for life safety.

Residents choose from a variety of individual monthly rental residences and enjoy chef-prepared dining, housekeeping, transportation services, and daily planned activities. Amenities include a salon, library, bistro, email and internet, and a state-of-the-art senior fitness center with speech, physical and occupational therapy on-site.

Daily living support is provided by a well-trained staff, including a licensed nurse, on-site 24 hours a day.

Belmont's award-winning Circle of Friends® program provides memory support for residents with Mild Cognitive Impairment (MCI). Residents with Alzheimer's Disease receive specialized care in a dedicated, secured neighborhood within our community.

BELMONT *Village*

SENIOR LIVING

belmontvillage.com

LOCATIONS IN THE U.S. AND MEXICO

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