

# What are My Senior Living Options?

If you feel overwhelmed researching senior living options, you are not alone. The senior living industry has more care options and opportunities than ever. This guide shows the benefits and differences between them.





**S**enior living today is about choosing the lifestyle and care you want. Over 10,000 people turn 65 every day and businesses are paying attention. Now, aging Americans have better options than previous generations. Yet, with the number of options available choosing the right one can be daunting.

Fortunately, you are not alone and we want to help you find the best option for your health and wellness.

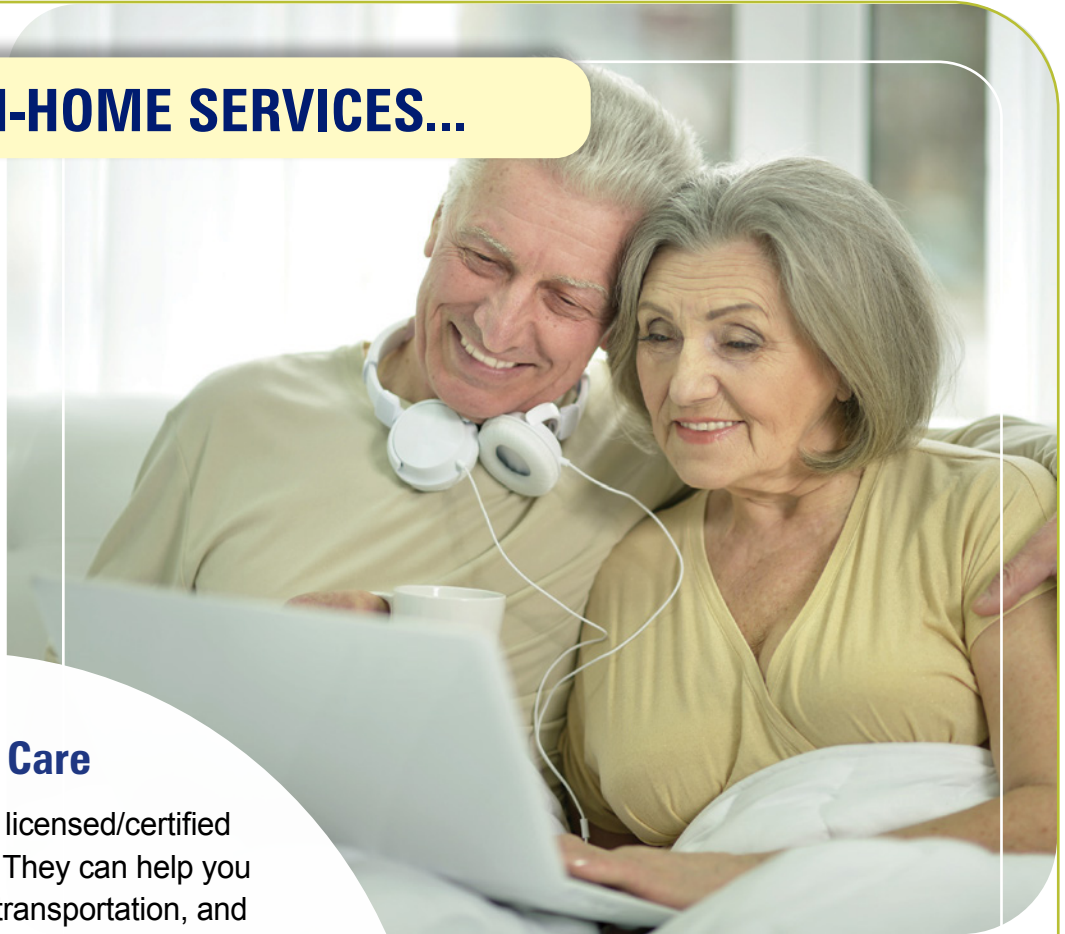
## **Two Primary Options for Planning Your Path**

Do you want to stay in your home or lighten your load? There are two primary options for help as you age...

- 1) In-Home Services**
- 2) Community Living**

# 1

## IN-HOME SERVICES...



### Home Health Care

Get help at home from licensed/certified medical professionals. They can help you with cooking, bathing, transportation, and medical care. There are several agencies to choose from and services can be tailored to your specific needs.

#### Features Offered...

Home health care allows you all the benefits of medical support in the comfort of your own home. This can make recovery less stressful.

### Continuing Care at Home (CAAH)

Continuing Care at Home helps individuals remain in their current household while supporting their independent lifestyle.

These membership programs help you plan for your future needs by providing care coordination, living well support, and financial planning services to empower you to stay as vibrant and independent as you are now.

#### Features Offered...

The major benefit of a CCAH program is that there is no change to your daily routine, just a little less responsibility. That way you have time to do the things you enjoy. Services might include things like lawn care and transportation assistance.

## 2

## COMMUNITY LIVING...

### Independent Living

An Independent living community is a lifestyle option designed to maintain independence. This option provides reduced responsibilities for home maintenance, allowing individuals to take part in community activities.

#### Features Offered...

Independent living communities include swimming pools, fitness centers, social clubs, and cultural activities.



### Assisted Living

Assisted Living Communities provide more options for individuals in need of a higher level of daily assistance. They provide daily care with dignity and respect. This level of service is for individuals looking for assistance in grooming, hygiene, and help using the restroom, among other services.

#### Features Offered...

Assisted Living Communities offer trained healthcare professionals to consult with you, assist with making arrangements for your care, and enrichment programs adapted to specific needs of the residents.

### Long-Term Care & Skilled Care

Whether you're recovering from a recent surgical procedure, medical setback, or your health needs require permanent monitoring, skilled nursing services are received in a licensed health care facility.

#### Features Offered...

You'll have nurses 24/7 to monitor your short-term recovery or ensure long-term needs are met. Comfort and safety are a priority during your stay. Depending on your individual needs, therapy services are often available to improve or maintain your level of ability.

## Continuing Care Retirement Communities (CCRC)...



**A CCRC, sometimes called a Life Plan Community, offers several levels of housing and help:**

- *Independent living*
- *Assisted living*
- *Rehabilitation*
- *Skilled nursing*

The primary consideration is which continuum of care you prefer. Most communities offer written agreements that outline the specifics, so take your time in making a decision. These agreements outline the services and amenities offered to support your independence. An entrance fee is often required and ensures access to the continuum of services.

### **Features Offered...**

CCRC's offer amenities and entertainment for residents. Everything from swimming and exercise, to community events and educational opportunities. Most activities take place on the campus or have arranged transportation.

## Special Considerations...

*No matter what care level is right for you, there may be additional considerations and concerns. Whether you are caring for a spouse in need of memory care or you manage a chronic illness, here are some additional discussion topics for you to review.*



### **Memory Care**

Dementia is another common, manageable, memory condition you should consider in your planning. Healthy lifestyles for these conditions are offered in Assisted Living or Skilled Care settings.

### **Adult Day Services**

Adult Day Services provide health care and social activities in a professional setting. Whether you live at home, or with a family caregiver, you may use this service for assistance. Adult Day Services help you get out of the house and engage with the community.

### **Naturally Occurring Retirement Communities (NORC)**

Naturally Occurring Retirement Communities are neighborhoods that were not specifically designed for senior living but organically evolved into them.

## The Road to Better Living...



Picking the right senior living option is a big decision and requires taking current and future care needs into consideration.

The variety of choices for seniors are getting better every year. So take your time and research what you want and need now and for your future.

Visit our website for more information about our services, or visit our blog at [www.lec.org/blog](http://www.lec.org/blog) to learn more about living well.

### Taking the Next Steps

Get more insights, tips and tools to help you navigate your options on our resource page.

[www.lec.org/resources/](http://www.lec.org/resources/)



**Life Enriching Communities** owns and operates six senior living communities (CCRCs)...

### **CINCINNATI AREA**

- Twin Towers, College Hill: 513-853-2000
- Twin Lakes, Montgomery: 513-247-1300

### **CLEVELAND AREA**

- Concord Reserve, Westlake: 440-961-3700

### **COLUMBUS AREA**

- Wesley Glen, Columbus: 614-888-7492
- Wesley Ridge, Reynoldsburg: 614-759-0023
- Wesley Woods, New Albany: 614-656-4100
- Wesley Hospice: 614-451-6700

For additional resources you can visit us online at: [www.lec.org](http://www.lec.org)

**Confident Living** is a continuing care at home program offered by Life Enriching Communities (LEC) designed to help people navigate their options so they can live independently in their own homes.

- 513-719-3522



Life Enriching Communities is affiliated with the West Ohio Conference of the United Methodist Church and welcomes people of all faiths. We do not discriminate and we provide free assistance in your native language, if needed. Find our complete non-discrimination policy at [www.LEC.org](http://www.LEC.org)