



The Senior Living 'Break Down'

A Resource Guide to Senior Living
"Helping You Make an Empowered Decision"

A Resource By: Villagio 'At Your Service'



The Senior Living 'Break Down'

If you are like the millions of other people before you who have been faced with looking for Senior Living, then you know exactly how overwhelming it can be. The terminology alone can make you dizzy. How do you figure out the who, what, when, where's and why's of healthcare? Most people start out not knowing the difference between Assisted Living and Skilled Nursing.

Villagio Senior Living created Villagio 'At Your Service' to 'break it down' in the hopes that we can relieve some of the stress, by simply explaining the different areas of senior living. It is our hope that this information will serve as a guide for you to navigate the world of senior living, and helping you make an empowered decision.

The Senior Living Break Down is intended to be a living document that incorporates definitions, processes, Frequently Asked Questions and concerns shared by actual family members and residents. Villagio 'At Your Service' will provide regular updates as new topics are created to provide seniors and their families the most current and relevant information. The document will generally be organized in the following way:

- What is Senior Living? – The scale of senior living options.
- Terminology & Practical Definitions;
- The 'Process' - Identifying your needs and finding the right fit'
- Frequently Asked Questions (Hint: This is very helpful!)

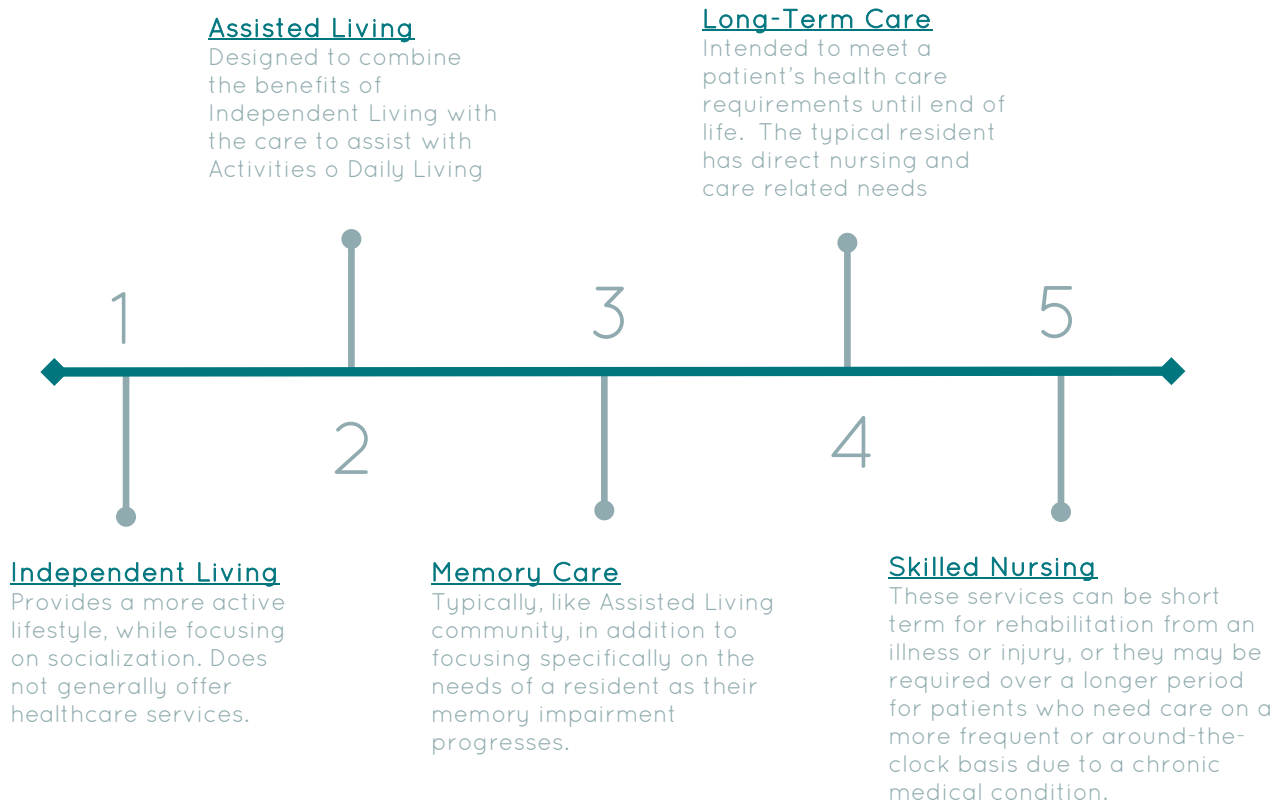


The Senior Living 'Break Down'

What is Senior Living?

The scale of senior living options

A Resource By: Villagio 'At Your Service'



Independent Living: Independent Living Communities provide residents the opportunity to have an active lifestyle, while focusing on socialization and companionship with loved ones and other residents. The look and structure of these types of communities vary, with options including traditional apartments, townhomes, duplexes, and even single-family homes/cottages. Each community is unique and offers different amenities, and services to make you feel at home, while focusing on the independence and individuality of each resident. *As opposed to other levels of care below, independent living communities generally offer no healthcare services, so a resident with healthcare needs may not be the best fit.*

Assisted Living: *An assisted living community is designed to combine the companionship benefits provided by an independent living community with a level of care intended to assist residents with a resident's 'Activities of Daily*

Living^(d). Often, Assisted Living Communities will also provide help with medication administration, Transportation assistance and will work together with the family and nursing staff to create individually tailored care plans to address the needs of the resident. In most cases, residents of assisted living facilities maintain a higher functional capacity than those of long-term nursing care facilities. Some offer what we call, “Aging in Place^(d)”.

Memory Care: Memory care is designed to meet the specific needs of a person with Alzheimer's disease(d), Dementia(d) or other types of memory impairments. Memory care communities are meant to focus on a resident's care, comfort and happiness while providing peace of mind to their families. *Typically licensed as an 'Assisted Living' community with a state approved ability to provide specialized care for residents with Dementia, communities are staffed to assist with activities of daily living, medications, and clinical treatments, in addition to focusing specifically on the needs of the resident as their Dementia progresses.* In most cases, residents in a memory care community enter this level of service after having been 1) in an assisted living or independent living community or 2) living at home with a spouse or other primary care giver.

Skilled nursing: or “SNF”, is a higher level of medical care that must be provided by individuals such as a registered nurse (RN) or Licensed Practical Nurse (LPN). Those who are in a facility for Skilled Nursing will also typically receive care from physical, speech, and occupational therapists. These services can be short term for rehabilitation from an illness or injury, or they may be required over a longer period for patients who need care on a more frequent or around-the-clock basis due to a chronic medical condition.

Long-Term Care ('LTC'): Provides a variety of services which help meet both the medical and non-medical needs of people with a chronic

illness or disability, who cannot care for themselves for long periods. Long term care is focused on individualized and coordinated healthcare services that maximize patients' quality of life and meet patients' healthcare needs over a longer period of time. *It is important to stress that a long-term care community is truly intended to meet a patient's healthcare requirements, and is less intended to promote an independent lifestyle, as the typical resident has direct nursing and care related needs.*

Skilled Nursing and Long-Term Care: “Nursing homes”, and skilled nursing facilities, collectively known as long-term care facilities or LTC’s, provide a variety of services, both medical and personal care, to people who are unable to manage independently in the community.

Life Care/CCRC: Continuum Care Retirement Communities (‘CCRC’) are communities that offer a continuum of care to anyone over the age of 60. The levels of care offered in a CCRC generally include: Independent living, Assisted Living and Long-Term Care with Skilled Nursing. Some CCRC communities are known to have what we call a “Life Care” Contract. A life care contract requires a long-term, upfront financial commitment that, in turn, guarantees housing, services and nursing care all in one location through the end of life. Individual communities will have different contract options from which to choose. A future release of the ‘Break Down’ is planned which includes significant depth to the CCRC options, including pricing, care levels and the economic rationale for making a ‘Life Care’ decision.



The Senior Living 'Break Down'

'The Process'

Identifying Your Needs and Finding the Right Fit

A Resource By: Villagio 'At Your Service'

THE PROCESS-IDENTIFYING YOUR NEEDS AND FINDING THE RIGHT FIT

Once you have a better understanding of the different levels of care as shown on the scale of senior living (refer to 'The Scale of Senior Living Options'), you will likely be wondering what's next? With all the options out there, how do you choose from the entire universe of communities to know which one is for you? How do you navigate from this "Universe" of healthcare to being able to make an empowered decision? First, let's go through some basic steps that will help you narrow down your search. 'At Your Service' designed the "Funnel of Senior living" to help filter the options available. The Funnel is designed to break down the process even further to help you find the right community for you or your loved one.

THE PROCESS FUNNEL



WHERE?

First it is important to decide WHERE you want to start looking. It's a big world out there! You need to narrow down where you want to start looking. You should take the time to discuss and consider what is important to you or your loved one. This is a time to have an honest conversation about who is being served? Consider who will be visiting the most. Being close to family may sometimes mean moving cities, or even states. Some prefer to remain as close to their current home as they can to maintain their relationships with those that are important to them. Will there be any geographic implications? A good way to help you decide is to start by listing the 5 most important people in your life, followed by what role they play, and the city they live in. **Example**

	Name	Relationship	State	City	City quadrant
1	Ashley	Sister	California	Chico	N/A
2	Candice	Sister	Oklahoma	Oklahoma City	NW
3	Kizlee	Daughter	Oklahoma	Oklahoma City	SE
4	Nathan	Son	Oklahoma	Edmond	E
5	Blake	Pastor	Oklahoma	Edmond	E

You may notice that there is some overlap between cities. Therefore, it makes sense to include the quadrant of the city to help fine tune the search. It's possible that there may not be a reasonable option within the desired quadrant of the City. Using this tool will help you find alternatives if that is the case.

Once you have Chosen where you want to begin looking, take note on the different communities that are in that area. Start by using your favorite search engine online like google, then you are ready to move on the next step of our funnel.

ACUITY SCALE

When considering the next step, it is important to pay attention to the acuity scale that we covered earlier. You will want to discuss this scale with your doctor, family, and anyone else that you want to take in to consideration when deciding which level of care is right for you or your loved one. Your Doctor will no doubt have the most influential wisdom from a medical stand point and will be your first filter in deciding which type of community will be best. The second filter is that of the person who will be living at the community. Whether it is you, or your loved one, it is important that their voice is heard. And lastly, you will want to listen to the voices of the ones closest to you. The thoughts and outside views from a family member, who genuinely care and understands who you are, can often be that voice, or set of second eyes that are necessary in helping you make a decision. Once you know which level of care is right for you, you will be able to narrow your search down to those specific types of communities. Keep in mind that each community has their own set of standards and requirements that must be met prior to admission^(d).

WHAT'S IMPORTANT?

Now that you have it narrowed down to the specific type of community you will need, based off the acuity scale, you should make a list of all the things that are important to you about a community. Think a moment about yourself, or your loved one. who are they? What's their story? Make a list of hobbies that you or that person enjoy, or once enjoyed. Is there a passion for something specific like cooking or reading? Consider the type of amenities^(d) that you will be looking for. Consider making a list, like the one below.

Hobbies	Passions	Needs
Crochet	Gradkids	Medication Assistance
Golf	Movies	Bars in Showers
Bowling	Cooking	Call Light System
Bridge (Cards)	Classic Cars	24 Hour Staff
		WiFi
		Community
		Good Socialization

Use this to assist you as you call communities and start asking questions. Decide what is important and make sure that the community offers first, what you need, then ask them how they can accommodate, or adapt programs and care to fit the hobbies or passions of you and your loved one. You may also want to make use of our Tour Checklist, which will be coming out soon, to ensure that you are asking all of the right questions, and even some that you may have forgotten to take into consideration.

EMPOWERED DECISION

Lastly, we would suggest making a list of your top three communities. Schedule tours with each one, so that you can see them for yourself and get more information in order to make sure that you are making an empowered decision.

It is important to keep in mind that this tool is not a flawless tool, yet the process is intended to be a guide for individuals and their families to be helpful in talking through things as questions may arise

TERMINOLOGY & PRACTICAL DEFINITIONS ^(d)

‘Activities of Daily Living’ - or ADL’s, is a common term in the assisted living and skilled nursing world to represent a series of basic activities that are performed daily, necessary for one to live independently. In an assisted living setting, the community is there to assist the resident in performing these activities. There are five (5) technical Activities of Daily Living, including Personal hygiene (bathing), Dressing, Eating, Maintaining Continence and Mobility/Transferring. Often, some sources of payment (including long-term care insurance) may require a community to be able to perform these duties as a requirement for the resident to receive coverage.

‘Acuity’ - Patient acuity is a concept commonly referenced by caregivers in the healthcare field. It is a measurement of the intensity of nursing care required by a patient.

‘Admission’ - the process or fact of entering or being allowed to enter a place, organization, or institution.

‘Aging in place’ - is a term used to describe a person living in the residence of their choice, for as long as they are able, as they age. This includes being able to have any services (or other support) they might need over time as their needs change.

‘Alzheimer’s Disease’ - The most common cause of Dementia among older adults. It is an irreversible, Progressive brain disorder that slowly destroys memory and thinking skills. Eventually, the ability to carry out the simplest of tasks is lost.

‘Amenities’ - A desirable or useful feature of a facility, building or place.

‘Care Plans’ are a part of the nursing process which outlines the **plan** of action that will be implemented during a patients’ medical **care**.

‘Dementia’ - is a group of diseases that cause a permanent decline of a person’s ability to think, reason, and manage their own life. Dementia is caused by biological processes within the brain that damage brain cells.

‘Occupational Therapy’ - is a form of therapy for those recuperating from physical or mental illness that encourages rehabilitation through the performance of activities required in daily life.

The ‘Process’ - Identifying your needs and finding the right fit for you in the senior living world

‘Physical Therapy’ - is the treatment of disease, injury, or deformity by physical methods such as massage, heat treatment, and exercise rather than by drugs or surgery.

‘Speech Therapy’ - is training to help people with speech and language problems to speak more clearly as well as provide exercises that assist with mental clarity and cognitive deficits.

‘Standards’ - statements that define the key functions, activities, processes and structures and systems required for organizations to be in a position to provide quality services and as they are determined by professional and regulatory bodies, health care professionals, staff, patients and citizens. There is usually a set of standards involved in the admission process in which a person must meet certain qualification to meet the standards of that community.

FREQUENTLY ASKED QUESTIONS

How do I decide which level of senior living is right for me or my loved one?

The Guide will provide a resource in a future addition that will walk you through the process of selecting the right Senior Living community for you or your Loved one.

What is the difference between an assisted living community and a memory care community?

Memory care communities are designed to meet the specific needs of residents with Alzheimer's disease, Dementia, or other types of memory impairments, where assisted living communities do not typically meet the standards for patients with memory impairments.

What is the difference between Alzheimer's disease and Dementia?

Dementia is a term used to describe a group of brain cell damaging diseases, whereas Alzheimer's disease a specific progressive disease that affects the brain, mainly affecting the memory skills. Alzheimer's disease accounts for 60% - 80% of dementia cases.

How many types of dementia exists?

There are 8 known types of Dementia. Alzheimer's is the most common, and accounts for 60-80% of cases. Frontotemporal Dementia, Vascular Dementia, Lewy Body Dementia, Normal Pressure Hydrocephalus (NPH), Mild cognitive impairment (MCI), Variant Creutzfeldt-Jakob disease (Mad Cow Disease), and Parkinson's disease are the other 7 types of Dementia.

What are Nursing Homes?

Many people believe that Nursing Homes are the only Senior Living options. Nursing Homes generally provide a higher level of care than the other senior living communities. Nursing Homes provide both long-term care and Skilled Nursing. These facilities also typically accept Medicaid or Medicare as a payment source.

How can I find out what acuity I am at as a potential resident?

It is important to make an appointment with your primary care physician. He will likely want to do a physical, and possibly even some lab work to determine what kind of care you need.

What sort of amenities should I be looking for in a community?

This will likely Vary for each person. for example, John may need to be at a community that offers in house physical therapy, while, Nancy may need to be at a community that has transportation options to assist her to her therapy appointments. Know what is important to you and don't be afraid to ask questions.

