



**The Assisted Living Tool-Kit:
Your Guide to Making an
Informed Decision**

Assisted Living Fact #1:

Assisted Living Can Provide the Best of BOTH Worlds for Your Loved One

Assisted living has become the norm for more and more aging adults in the recent years, and for good reason. Residents of assisted living facilities are able to maintain their independence while receiving the much-needed care they deserve.

Taking the first steps to moving a senior, can be a difficult decision for all parties involved. However, for many families, assisted living has become the preferred choice for loved ones that need extra care.

Choosing assisted living can be the best option for both you and your aging family member.

You'll get *peace of mind*, while they maintain the *power of choice*.

You'll be *worry-free* knowing your loved one
is *socially connected and engaged*.

You can *rest easy* as your family member *enjoys life to the fullest!*

If you're beginning to notice the decline of your loved one's physical or mental health, it may be time to consider a safe place for them to call home. The good news is assisted living facilities provide perfect bridge between a nursing home and at-home living.

As you'll soon learn throughout this helpful guide, assisted living can provide the best of both worlds for your friend or family member in need of a little extra care.

What is Assisted Living?

Assisted Living Fact #2:

Assisted Living Doesn't *Limit* Your Loved One's Life, It
ENHANCES It!

Assisted living is the ideal option for those seeking affordable long-term care for their aging family and friends. As we grow with age, there comes a point where the little tasks we face throughout life become more difficult.

As this happens, it becomes necessary for someone to step in every once in a while and give a helping hand. That's exactly what care providers at assisted living facilities provide. Your loved one will receive the assistance they need without the risk of compromising their freedom.

Whatever the level of attention your loved one needs, long-term care in an assisted living facility can be the perfect mixture of independence and 24-hour medical care.

Caretakers in assisted living facilities know the value of making your own choices and provide individualized care to each and every person in their facility. Assisted living lets residents live their life to the fullest, only stepping in to help when needed or requested.

Assisted Living is the perfect option for those that want somewhere they can comfortably spend the golden years of their life with dignity. As needs become gradually elevated, so does your loved one's care.

You'll both be happy to know, if the unfortunate does happen, help is only moments away.

But assisted living is more than just a place for people to grow old. Below, we'll take a look at what living in an assisted living facility truly means for its residents. We've asked residents dozens of residents to explain what they get out of their assisted living facility.

A Community

Assisted living facilities are more than just a place to live. They are designed to give its residents a place to live out their lives surrounded by family and friends.

Your loved one can benefit from the many common areas which encourage residents to participate in any number of assorted activities and meet life-long friends.

Whether residents prefer a relaxed sitting area where they can read a book or engage in long chats, or a more interactive place to be social, there is something for everyone.

The staff at AL facilities go through a long and vigorous vetting process. Not only must they be able to perform tasks as needed but they must have a personality and sense of compassion when dealing with residents. They are trained to treat each resident as an individual and encouraged to get to know them on a more personal level.

One resident explains it best:

“We’ve had very little turnover in staff during the several years I’ve been in assisted living. Each and every morning I’m greeted by the same people who genuinely care about me. The people that work here are more than just employees. They are extended family to us all.”

A Safe Haven

Once you make the collective decision to place your loved one in assisted living, they will have instant access to medical care from on-site staff when they need it. You can both rest easy knowing medical aid is only moments away day or night.

- **Staffing.** Assisted living facilities have dozens of staff members on-hand at all times. Residents have healthcare providers for any problem big or small.
- **Medication.** Residents will no longer need to keep track of their own medications. You can now be worry-free that your loved one will get their proper medication, the right way and with correct dosage, each and every time.

- **Facilities.** Assisted living facility designs in WI must comply with a [certain level of security](#) for its residents while maintaining an inviting feel. Every aspect of the grounds are designed to keep your loved one safe and healthy so you can have peace of mind.

You and your aging family member will be assured that they are in the safest place possible at any given time when under the care of an assisted living facility.

Here's what one resident had to say:

“I like that I can feel comfortable enough to ask for help when I need it. My family is happy knowing that I'm safe 24/7 which makes me happy also.”

A Resort-Life Feel

Living in an assisted living facility is truly like being on a resort. Residents no longer have to worry about menial household chores such as cooking, cleaning, or gardening (unless they want to!). Instead, they can spend their time relaxing and enjoying life.

When in an assisted living facility, all your favorite meals are prepared for you. Your loved one will get three solid meals daily, meeting their required dietary needs. Most assisted living facilities offer gourmet choices and a full range of chefs that create extraordinary options that are guaranteed to please.

Assisted living also offers numerous recreational opportunities, interest clubs, and activities both on-site and off for their residents to pass the time. Many facilities offer spaces where residents can hold special events such as birthdays, graduations, and holiday events as well.

Many residents agree, but this woman says it best:

“I feel like a million-bucks living here. I don’t have to worry about cooking or cleaning anymore. All I do is relax, spend time with my friends, and enjoy life. Living here is like being on vacation... but all the time.”

A Home

At the end of the day, all your loved one wants, is a place to call home. Assisted living facilities give residents their own space in which they can make their own.

While all assisted living facilities have a certain level of safety compliance that needs to be upheld, each residence has a unique ambiance. Whether your loved one prefers a down-to-earth environment or a higher-end establishment appeals more to them, you should have no problem finding something that suits their tastes.

Finding an assisted living facility that is nearby family members provides an even more home-like vibe. Family is free to visit as often as they please, and residents are free to leave as they like as well.

This resident appreciates the freedom that assisted living gives her:

“My space is my escape. When I’m not in the mood to entertain, I go be alone. My dog is here, my family photos are here, and it’s where I want to be.”

When's the Right Time?

Assisted Living Fact #3: With Assisted Living, Your Loved One Gets Individualized Care, Making It Ideal for Just About Anyone

Deciding that your loved one needs more care than you can provide on your own can be a difficult one. However, the choice doesn't have to be stressful.

In fact, it could wind up being the best decision you could make for both you and your loved one. Assisted living provides the people you care about with a fun, safe environment where they can flourish among friends and family.

Because care in assisted living facilities conforms to your loved one's individual needs, they won't be stifled with an overabundance of care right off the bat.

Most people in assisted living facilities are mobile and can perform the majority of tasks on their own. As residents age and need more assistance, care and treatments ‘grow’ with them.

Honestly ask yourself some of the following questions to help determine if assisted living the right option for you and your loved one.

1. **Are you biting off more than you can chew?** If you’re feeling overwhelmed between work or school, family obligations and taking care of your loved one, it may be time to think about assisted living. The last thing your loved one wants is for you to feel anxious on their account.
2. **Have you noticed a gradual decline in your loved one’s ability to do everyday tasks?** If your loved one is unable to do day-to-day tasks on their own, you should consider an assisted living option.
3. **Do you feel confident in their safety alone?** If find yourself worrying endlessly or your stomach drops every time they call for fear that something may be wrong, you might be ready for the ‘assisted living talk.’
4. **Are you experiencing ‘caregiver guilt?’** You should *never* feel guilty for wanting to live your life to the fullest. If the only reason you’re holding off on assisted living is guilt or grief, assisted living might be the best option.

Answering “Yes” to one or *more* of these questions is a sure sign that something needs to change. It may be time to open dialog about moving forward with a higher rate of care with your loved one.

Can We Afford It?

Assisted Living Fact #4: Assisted Living Can Cost the Same or even LESS Than In-Home Care

When it comes to senior care, many people aren't prepared. You may experience *sticker shock* at first but once you consider everything included with assisted living, one thing you won't be experiencing is *buyer's remorse*.

For example, when considering home care options for their loved one most people only think about monthly expenses like food and rent/mortgage.

However, there are so many more monthly expenses that go into daily life, such as;

- Utilities (Water, Gas, Electricity, Trash Removal)
- Internet and Television
- Property Tax and Insurance
- Miscellaneous Expenses

Another thing that many people don't think about when weighing their options is all of the amenities that your loved one will receive. Each of the following can add up quickly and hiring individual people could wind up costing you a fortune compared to assisted living.

- House Keeping
- 24 Hour Security
- On-Site Medical Care
- Social Activities and Entertainment

Keep in mind, when choosing an assisted living facility for your family member or friend, there are many variables to consider. Prices can change based on location, size of apartment, and level of care.

Final Thoughts

Assisted living doesn't mean losing your freedom. In fact, it opens up your options and lets you live life to the fullest every single day.

Opting for assisted living could be the best choice for both you and your loved one. They'll receive the care they need while maintaining an independent lifestyle, and you'll get the peace of mind you need knowing they're well cared for.

At Platinum Communities, we strive to give our residents the optimal living experience possible. We treat each resident as an individual and provide them with the best care available.

We do this by:

- Vetting and hiring well-trained, caring staff
- Providing entertainment and activities for everyone
- Creating gourmet quality meals
- Maintaining an outstanding level of cleanliness
- And, giving your loved one a place they can truly call home.

With locations in communities throughout Wisconsin, you'll be able to find something nearby that your loved one will be happy to call home while they live out their golden years.

To learn more about what makes Platinum Communities extra special, schedule a consult today. One of our relocation experts will be happy to answer any questions you may have or schedule a tour of any of our numerous luxury facilities.