



AUBURN HEIGHTS
— SENIOR CARE —



Your Assisted Living Guide

Guide to Assisted Living – Finding the Right HOME

Making the decision to move an aging parent into senior living is a tough one, with many questions. From realizing that it's time to move to knowing your parent is ready and starting that conversation with them, the journey is laden with emotional and important decisions. When should you begin talking to your parents about moving to a senior community? How will you know they are ready? Which senior community should they move to? How will the finances work out? How do you convince other family members/siblings this is the right thing to do?

What we sometimes don't realize is that aging parents may be lonely or need assisted living services. They might need help with daily chores and upkeeping their home. Some seniors may directly tell adult children that they want to move into a senior care community while other seniors, desiring to stay in their homes despite the stress, may try to hide how difficult life has become.



What is Assisted Living?

Maintaining independence is an important for people as they age. In fact, losing it is one of the biggest fears seniors have. An overwhelming majority want to remain in their houses – and understandably so. But the reality is that 1 in 5 U.S. adults age 85+ say they either need or currently receive help with activities of daily living (ADLs). Is there a way to get that kind of help and still be as independent as possible? Yes – it's called assisted living.

Assisted living communities give seniors personalized care in a homelike environment. They are for seniors whose health or well-being requires a higher level of support, which is determined through a health assessment by the community according to state regulations. Assisted living also provides a healthy lifestyle and social engagement.

Needing help with activities of daily living (ADLs) is the most common reason seniors choose assisted living. Those seeking assistance typically need help with at least two everyday tasks. Studies show residents most common ADL needs are:



(National Center for Assisted Living)



Here are ten signs your aging parents may need help:

Any of these signs could be an indicator that your loved one would enjoy a higher quality of life in a senior care community. The entire process can seem overwhelming, but creating a senior living experience where your loved one thrives is what we do best. We are here to help.

- The house becomes cluttered, disorganized or dirty.
- The house and yard is not being taken care off.
- There's a stack of unpaid bills.
- Their hygiene is suffering.
- They've noticeably gained or lost weight.
- There's been a change in their general mood, or they've lost interest in hobbies and activities.
- They've been forgetting to take their medications or get prescriptions filled.
- You notice unexplained bruising, which could indicate they've been falling.
- They've become more forgetful, perhaps missing important appointments.
- It's getting harder for them to safely maneuver around the house.

Why Choose Assisted Living?

When searching for Assisted Living in a senior community, it's important to know what features are truly beneficial to you and what type of living fits your personal needs and the needs of your loved ones. Here are some benefits your loved one will gain from living in an assisted living home that is right for them:



What To Consider When Choosing a Home

When you are looking for an assisted living home for yourself or your loved one, there are many factors to consider to make sure the community is a right fit.

◦ Location & Size

Location is key in choosing a home for your loved one. Not only do you want a community to be close to family and friends, but you also want your surrounding area to fit your lifestyle.

Assisted living homes can vary in size from small 4 bed homes up to 500 bed facilities. Where is your loved one going to be comfortable? If your loved one might feel overwhelmed or get lost in the larger facilities, a small home would be a good option. They would still get the care they need, but in a home like environment.

◦ Services & Amenities

Another essential factor to consider when choosing the right assisted living home is the services and amenities. While the typical assisted living facility offers dining services, housekeeping, exercise and wellness programs, and medication management support, some provide tailored services based on specific health needs. Community amenities may also determine if it is the right fit for your loved ones:

- What are activities and events that the community offers?
- Do these align with your loved one's interests & hobbies?

◦ Staff to Resident Ratio

When your loved one moves into an assisted living home, you want to make sure that the right amount of care and attention is provided. This comes down to the staff to resident ratio. Knowing there is sufficient staff to take care of you or your loved one before selecting that facility is critical.

◦ Cost

We know the cost usually has a lot of weight in deciding on a home for your loved one. It is vital to understand the cost and care that the home provides and everything it includes. Determine if a community will work within your budget.



6 Tips for Touring An Assisted Living Community

1 Determine the type of community your loved one will thrive in.

What type of atmosphere would your loved one prefer? Discuss their preferences and narrow down the choices before booking tours.

Is your loved one looking for a luxury home, or a more laidback community? What type of activities do they like? Each assisted living has its own unique personality and amenities. You want to find the home where your loved one will be most comfortable.

2 What is the staff-to-resident ratio.

Ask about the staff to resident ratio. Find out how many direct care staff, CNA or RNs are on the floor at all times. As you walk through the facility, take note on how the staff is interacting with the residents and among themselves. Are they smiling and pleasant or do they seem stressed? Do residents seem happy and comfortable?

3 Share a meal in the community.

Assess the quality and nutritional value of the food in the community by eating a meal in the dining room with residents. Pay attention to how the food is being served, and if residents are friendly and welcoming. Will your loved one easily make friends here?



4 Chat with the residents.

You are always welcome to ask if you can ask the residents some questions:

- How long they have lived at the home
- Do they like living there and why?
- Are caregivers friendly?

5 Ask about area doctors and hospitals.

Investigate the doctors, physical therapists, and other healthcare professionals that are onsite. Explore physicians and hospitals in the area, too.

Check the licensing and credentials of on-staff doctors. Are your loved one's regular doctors nearby or will your aging loved one have to switch healthcare providers?

6 Observe the cleanliness & other important safety features.

During the walking tour, observe if the community clean and appropriately heated/cooled? Are hallways well lit and easy to navigate, with handrails room for wheelchairs? Are emergency exits marked? Is there adequate closet and storage space in resident rooms? What type of security is provided? What kind of emergency response systems do you have?



Cost comparison

Your Monthly Expenses	Your Current Cost	Your Cost at Auburn Heights Senior Care
Monthly Mortgage Payment or Rent	\$ _____	Included
Property Taxes ÷ 12	\$ _____	Included
Property Insurance ÷ 12	\$ _____	Included
Home/Condo Maintenance Fee	\$ _____	Included
24-Hour Security Services	\$ _____	Included
Utilities - Electric and/or Gas	\$ _____	Included
Utilities - Water & Sewer	\$ _____	Included
Refuse Collection	\$ _____	Included
Utilities - WiFi & Cable	\$ _____	Included
Weekly Housekeeping	\$ _____	Included
Delicious Meals 3 Times Per Day	\$ _____	Included
Social Activities/Entertainment	\$ _____	Included
Appliance Service/Replacement (stove, oven, refrigerator)	\$ _____	Included
Home Repairs/Replacements (furnace, AC & roof)	\$ _____	Included
Home Upkeep Costs (paint, carpeting, pest control)	\$ _____	Included
Home Care Provider Costs	\$ _____	\$ _____ for care
Outdoor Home Maintenance (lawn service, landscaping)	\$ _____	Included
Total Monthly Expenses	\$ _____	\$ _____ for care

As a month to month, rent and services community, our residents receive a simple, maintenance-free lifestyle for an absolutely incredible value. But don't just take our word for it... we'd like to prove it to you!



START YOUR NEW CHAPTER WITH AUBURN HEIGHTS SENIOR CARE

When you visit our home, you will find that our residents are happy, joyful and grateful. At our home, your loved one will be well-cared for with love, intimacy and compassion.

Don't take our word for it, here is what some of our residents & families are saying:

"I have lived at Auburn Heights for almost 7 years now and I could not be happier. This is home for me. I can be as independent as I want while still getting the assistance I need. The staff is friendly, caring & dependable, encourage me to join in on activities organized daily."

- T Brown

"My mom has been at Auburn Heights Senior Care for 5 years. She loves it here. Her family loves it more! She is treated with love and respect. Staff treat her with so much kindness and love. Great place for your loved one."

- L.Wright



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If you're ready to sleep better knowing that your parents are cared for and happy, then click below to schedule a tour!

989.282.2346

www.auburnheightsseniorcare.com