



AUBURN HEIGHTS
— SENIOR CARE —

Your Assisted Living Guide



Caring, Intimate, Compassionate
A place you can lovingly call 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:

PEACE OF MIND
FOR FAMILY
MEMBERS

INCREASED
SAFETY
MEASURES

FOCUS ON
PHYSICAL &
MENTAL
WELLNESS

NO HOME
MAINTENANCE

ACCESS TO
QUALITY
HEALTHCARE
OFFERINGS

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 ones interest & 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

Choosing the right home for your loved one is a big decision. Here are six essential tips to help you make the most of your assisted living tour:

✓ 1. Observe the Atmosphere

- Is the environment clean, welcoming, and well-maintained?
- Do residents look comfortable and engaged?

✓ 2. Meet the Staff

- Are caregivers warm, respectful, and attentive?
- Ask how long staff members have been with the facility—low turnover is a great sign.

✓ 3. Ask About Care Plans

- How are individual needs assessed?
- Are care plans personalized and regularly reviewed?

✓ 4. Check Out the Activities

- Review the activities calendar—are there social, physical, and creative options?
- Ask if residents are encouraged to participate.

✓ 5. Taste the Food

- If possible, sample a meal or check the weekly menu.
- Are meals nutritious, home-style, and accommodating of special diets?

✓ 6. Ask About Safety & Health

- What measures are in place for emergencies, medication management, and daily wellness?
- Is there 24-hour supervision?

Bonus Tip: Trust your gut. You're not just looking for a facility—you're looking for a home where your loved one will be cared for and celebrated.

Your next step – Book a Tour



www.auburnheightsseniorcare.com

Email: auburnheightsmi@gmail.com

Contact: 989-600-2132

