

Independent Living

If seven or more of these statements apply to you or your family member, Independent Living might be your best choice.

Physical Health

- Overall health is good. May have some health conditions which require medication.

Medications

- Responsible for self-administration of any medications.

Mobility

- Able to move around unaided by anyone, perhaps with assistance with a cane or walker. Able to evacuate independently in case of emergency.

Mental Health

- Overall mental health is good. Memory is intact but may have occasional forgetfulness. Able to reason, plan and organize daily events.
- Exhibits occasional confusion. May need assistance with planning and organizing daily events.

Social Skills/Behavior

- Deals appropriately with own emotions and stress. Interacts appropriately and enjoys socializing with others.

Personal Hygiene

- Dresses, bathes, and shaves without any assistance. Continent and able to use the bathroom without assistance.

Meal Prep and Nutrition

- Willing and able to cook and prepare 3 nutritious meals per day. Eats without assistance.
- Unwilling or unable to cook. Eats without assistance.

Housekeeping

- Willing and able to perform all housekeeping functions including cleaning, vacuuming, changing linens and laundry.
- Unwilling or unable to perform housekeeping functions except for light cleaning and personal laundry.

Assisted Living

If seven or more of these statements apply to you or your family member, Assisted Living might be your best choice.

Physical Health

- Has some health conditions which require medication or therapy and occasional monitoring by a health care professional.

Medications

- Able to self-administer medications but may need others to remind and monitor the process.
- Cannot administer own medications. Medications must be administered by a health care professional.

Mobility

- Uses a cane, walker or wheelchair but is able to move around independently. May require assistance to evacuate during an emergency.
- Mobile, with or without devices but may require daily assistance due to poor vision, weakness or confusion. Requires assistance to evacuate during an emergency.

Mental Health

- Exhibits occasional confusion and memory loss. May need assistance with planning and organizing daily events.

Social Skills/Behavior

- May require periodic intervention from others to facilitate expression of feelings or cope with stress. Interacts appropriately and enjoys socializing with others.
- May require periodic intervention from others to facilitate expression of feelings or cope with stress. Withdrawn, does not easily socialize with others.

Personal Hygiene

- May require assistance or reminders with dressing, bathing and shaving. Continent and able to use the bathroom and can deal with any occasional incontinence problems.
- Meal Prep and Nutrition
- Unable to cook. Needs assistance to eat.
- Totally dependent upon others for nourishment.

Housekeeping

- Unwilling or unable to perform housekeeping functions except for light cleaning and personal laundry.

Memory Care Environment

If seven or more of these statements apply to you or your family member, Memory Care might be your best choice.

Physical Health

- Has serious health conditions which require constant monitoring by a health care professional.

Medications

- Able to self-administer medications but may need others to remind and monitor the process.

Mobility

- Uses a cane, walker or wheelchair but is able to move around independently. May require assistance to evacuate during an emergency.
- Mobile, with or without devices but may require daily assistance due to poor vision, weakness or confusion. Requires assistance to evacuate during an emergency.

Mental Health

- Exhibits confusion and poor judgment. Needs constant reminders and guidance with daily events.
- Mental health is poor. Has been diagnosed or is showing signs of Alzheimer's disease or other dementia.

Social Skills/Behavior

- May have occasional behavioral problems such as outbursts of anxiety or agitation.
- Requires regular intervention from others to facilitate expression of feelings or cope with stress. Inappropriate behavior makes it difficult to socialize with others.

Personal Hygiene

- Requires assistance with dressing, bathing and shaving. May need assistance using the bathroom or has incontinence problems that require management by others on a regular basis.

Meal Prep and Nutrition

- Totally dependent upon others for nourishment.

Housekeeping

- Unable to perform any housekeeping functions or do the laundry.