



Defining Retirement Living Levels of Care

Independent Living

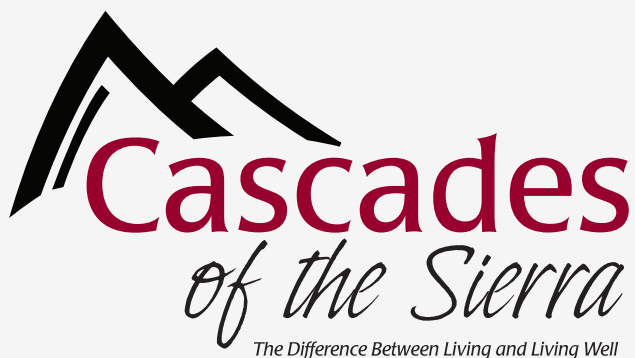
Independent living is a residential living option for self-sufficient seniors who need little to no assistance in taking care of themselves, but who are interested in having the conveniences of meals and a variety of services available to them to help make their lives easier. These services typically include housekeeping, transportation, social programs and activities. Independent living residents may be provided with the security of an emergency response system in their residence, but are not monitored on a daily basis. Independent living can include various types of residence options such as apartments, town homes and single-family homes.

Assisted Living

Assisted living is for people who cannot live independently in a private residence, but who do not need the 24-hour medical care provided in a skilled nursing setting. In assisted living, residents live independently in apartment-style accommodations and receive convenience services, as well as supportive care services. In addition to housekeeping, transportation, social programs and activities, assisted living residents also receive most, if not all, daily meals and are provided assistance with activities of daily living such as bathing, dressing and grooming. Assisted living residents are typically monitored by a trained staff on a daily basis, to help ensure their health, safety and well-being.

Memory Care Assisted Living

Memory care assisted living is specially designed for people who suffer with Alzheimer's, dementia or other memory diseases. Memory care assisted living provides residents with the same services and support as regular assisted living; however, memory care living environments are secure areas that are locked for the residents' safety, given the frequency of wandering among those with memory issues. Generally, memory care residents live in either private or semi-private apartments and are provided with structured programming and activities that are specifically designed for those suffering with memory diseases.



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