

Is Assisted Living the Right Move for Me (Or My Loved One)?



**HOLLAND
FARMS**
SENIOR LIVING
by Agemark Senior Living



Are you thinking about a move to assisted living for yourself or someone you love? If your answer is, "I'm not sure," you've come to the right place. The team at [Holland Farms Senior Living](#) is here to help with information that may create some clarity. In this book, we'll explain what assisted living actually is and explore the many reasons why someone would make the move.

WHAT IS ASSISTED LIVING?

Assisted living is a housing option for adults (typically older adults) who cannot or choose not to live on their own for a variety of reasons. According to the American Health Care Association (AHCA) and the National Center for Assisted Living (NCAL), more than 800,000 Americans live in nearly 29,000 licensed assisted living communities across the country. Assisted living communities range from small sized (with only a handful or two of residents) to large communities with more than 100 residents. 52% of assisted living residents are age 85 or older, 30% are between ages 75-84, 11% are age 65-74 and 7% are younger than 65.



Assisted living communities can provide a variety of services. Some communities offer care specific for those who live with dementia, such as Alzheimer's disease. Others offer independent living (apartments for older adults) on-site. Some offer multiple services, allowing residents to age in place for a longer period of time. [Holland Farms Senior Living](#) is one of these types of communities, offering Carefree (Independent) Living, Assisted Living and Memory Care in one place.

Assisted living communities are licensed by state entities, not the federal government. For this reason, offerings can vary greatly from state-to-state. State entities regulate, inspect and ensure communities abide by requirements of their license.

Some people confuse assisted living with nursing homes (also called skilled nursing care). But assisted living is NOT a nursing home. There are marked differences between these two living options. Residents of nursing homes generally have more complex medical conditions which require more advanced, hands-on care. Nursing homes are much more like hospitals with medical equipment and hospital-like beds, staff wearing scrubs and more. In contrast, assisted living feels more like a home or an upscale apartment complex with common areas such as living rooms, libraries, sunrooms, on-site bars or lounges and dining rooms for residents to share.



Assisted living communities often offer different sizes of apartments, such as studios, one-bedrooms and even two-bedrooms as well as both private and shared options. Many but not all residents of assisted living require help with personal care.

Some senior living companies own hundreds of communities. Some own only one or a few. As the number of seniors in America increases dramatically, so do the number of senior housing options available, as well as the number of operators and owners entering the senior housing business. Agemark Senior Living, parent company of [Holland Farms Senior Living](#), has owned and operated senior living communities since the 1980s and is well-versed in caring for seniors with varying needs.

WHY WOULD SOMEONE CHOOSE ASSISTED LIVING?

Some individuals choose assisted living because they want to, yet others opt for assisted living out of need. Either way, there are a variety of reasons why someone would make a move to an assisted living community. A few of the most typical reasons are explored in this book.



THEY NEED HELP WITH CARE.

Many times, an individual (often in conjunction with their family) chooses to make the move to an assisted living community because they need some help with personal care needs, also called activities of daily living (ADL). ADLs are ambulating (walking, moving), feeding, dressing/grooming, toileting, bathing and transferring. There are also IDLs (Instrumental Activities of Daily Living). These include managing finances, transportation, shopping and meal preparation, housecleaning and home maintenance, communication (such as mail or telephone) and managing medications. Typically, assisted living residents need help with one or more ADLs or IDLs. ADLs and IDLs must be managed in order to truly live independently with no help from others. An individual's care needs may shift as they age or as their health changes. If someone makes the move to an assisted living community as part of a couple, it could be that their spouse or partner is in need of the care, not them, but they prefer to stay together in the same place.

At [Holland Farms Senior Living](#), we help residents with varying care needs maintain their independence with a little help from our expertly trained staff. We even offer in-house physical and occupational therapy, which helps keep you in good physical health.



THEY (OR THEIR FAMILY MEMBERS) NEED PEACE OF MIND

Some individuals recognize that they can't or should no longer live alone. For others, it's members of their families or friends who step in with encouragement to make a move. As family dynamics change and fewer adult children live close to their parents, it may be that adult child encouraging their parent to make a move. This could stem from fear or worry for their parent being on their own. If they live far away, they are likely unable to physically check on them on a regular basis. Or, the senior may worry about living alone (especially if they are recently widowed). Perhaps getting groceries or supplies is a concern (particularly in areas where winter weather is an issue), or perhaps they are becoming unsteady on their feet and find difficulty managing stairs.

Assisted living can provide peace of mind for both a resident as well as their family and friends. Even if little care is needed, the fact that they will be in a safe environment, among the company of others with staff on hand to check on them regularly can ease worries for all.



THEY CRAVE COMPANY AND/OR SOCIAL OPPORTUNITIES.

Some people just need people! For this reason, socialization is another reason for making a move. Perhaps someone is widowed or is just feeling a bit isolated as they age. Assisted living can offer fun social opportunities including games, crafting, cooking, art and more. Many communities offer outings and trips for residents to enjoy. Good communities will provide opportunities for you to continue your current interests and hobbies – such as taking you fishing or hunting, setting up regular card games or pool tournaments – as well as offering you opportunities to try something you've never experienced before – such as visiting museums, going on a wine tasting or riding a rollercoaster! In addition to social opportunities and helping combat isolation and depression, life can just be so much more fun when excitement is present as well as the company of others.



ASSISTED LIVING MAY MAKE SENSE FINANCIALLY

For many, assisted living may make financial sense. Assisted living is cheaper than skilled care. In fact, assisted living is often half the cost of a nursing home. And if you truly don't need skilled care, why choose to pay for services you won't use? The cost of assisted living may also be better for budget reasons – you won't have to worry about varying costs of utilities or food. For example, your cost is the same each month.

In assisted living, it's typical that one base cost covers everything you need to live life. Care needs are typically offered separately. In the case of [Holland Farms Senior Living](#), one base rate covers restaurant style dining, regular housekeeping and laundry service, complimentary wellness checks, all life-enrichment activities, free transportation and even valet parking. [Holland Farms Senior Living](#) offers care plan packages that can be added on, so you are only paying for exactly what you need.

There are communities that will provide a la carte services as well. This is typical in independent living. In this case, apartments may have full kitchens, for example, where residents choose to cook their own meals. Residents may also choose to do their own laundry either in their apartment or at an on-site laundry room. But even in both instances, they could add on additional services such as regular housekeeping, occasional chef-prepared meals or other services that are available for an additional cost.

There are a variety of ways that people pay for assisted living. Paying privately is most typical, perhaps with a long-term care insurance plan or veterans benefits contributing to the cost. Most assisted living communities do not take federal aid.



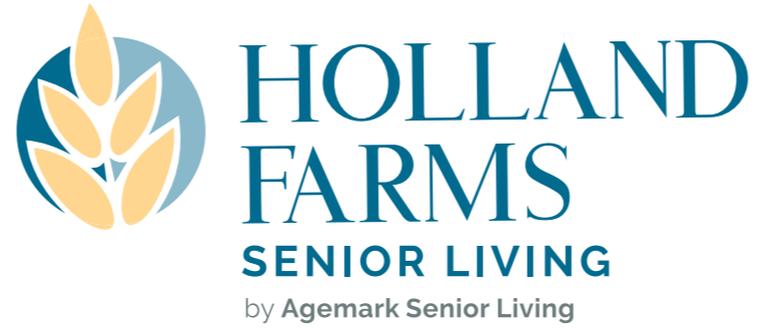
MAINTAINING A HOME IS NO LONGER FEASIBLE OR WANTED

Think about all the things you're responsible for when you have a home: cleaning, mowing the lawn, home repair and upkeep, cooking meals, doing laundry, paying utilities...for some people, these things become a stressor or a hassle, especially as they age. In assisted living, these responsibilities are removed. Regular housekeeping and laundry are most often included. Delicious meals are provided and can even be customized to fit specific dietary needs. And say goodbye to home maintenance as most communities even have a maintenance director or handyman on-site or on-call.

It's important to note that many residents of assisted living are capable of doing their laundry or cooking their own meals, but they prefer not to! Can you blame them? Why not spend your golden years letting someone else care for you!

If you're considering assisted living, we encourage you to reach out. It's important to make the right decision for you or the one you love. The team at [Holland Farms Senior Living](#) are well-versed in helping people like you find the community that's a perfect fit for you or your loved one.





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