



Frequently Asked Questions

Q: What is Memory Care in Assisted Living?

A: *Memory Care in Assisted Living is a combination of programming interests, housing, supportive services, personal assistance, and health care designed to respond to individual needs of those who need assistance with activities of daily living and choose to live in the least restrictive environment. Our programs provide a secure environment and specially trained staff to provide meaningful engagement with residents based on their abilities, personal interest and life skills.*

Q: What are Activities of Daily Living?

A: *Activities of Daily Living (ADL's) include activities that an individual needs to care for themselves such as: medication assistance, assistance with personal hygiene, dressing, ambulating, and transferring.*

Q: What kind of activities will a Senior Housing Community provide?

A: *Resident activities are geared around each individual's personal interests. Senior Housing's Life Enrichment Coordinators meet with each resident to learn about their interests to reflect individual differences in age, health status, sensory deficits, lifestyle, ethnic and cultural beliefs, religious beliefs, values, experiences, needs, interest, abilities and skills by providing opportunities for a variety of types and levels of involvement.*

Q: Can I bring my own furnishings?

A: *Residents furnish their apartments with their own personal furniture and belongings, providing a feeling of "home." Blinds are furnished in each apartment, but residents may hang draperies, valances, and pictures. Our Maintenance Coordinators are happy to assist.*

Q: Do I have to eat ALL of my meals in the dining room?

A: *Residents are encouraged to eat meals in the dining room to enhance socialization and menu selection, including a full salad bar. If you are feeling ill, you are encouraged to stay in your apartment for your well-being and the well-being of other residents. You may have room service for an additional charge if you choose to remain in your apartment for reasons other than illness. Senior Housing Communities offer "open" dining times so you may come to breakfast, lunch or dinner on YOUR schedule. Snacks are always available and the hospitality bar is always open!*

Q: Is transportation available for doctor appointments or shopping?

A: *The community provides local transportation to doctor appointments when scheduled in advance. There is a transportation schedule to provide weekly shopping trips, or the Life Enrichment Coordinator can shop for you if you would prefer. If you require staff to stay with you during your appointment, a charge may apply. Family is encouraged to provide transportation to appointments in order to be aware of any medical concerns.*

**Individual community offerings may vary.*