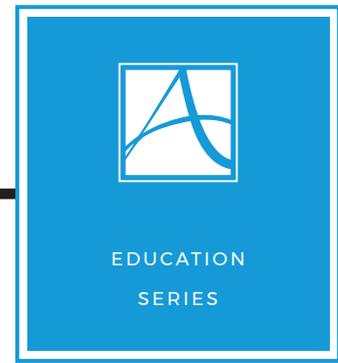


ASSISTED LIVING: WHAT IS IT AND HOW DO I KNOW IF MY LOVED ONE NEEDS IT?



The decision to place your loved one in an assisted living community can be emotional. Because of this emotion, it can often be difficult to understand when your loved one might need such care. It's important to understand what assisted living is, what it offers, and what options are available to you.

WHAT IS ASSISTED LIVING?

According to the National Center for Assisted Living (NCAL), assisted living is part of a continuum of long-term care services that provides a combination of housing, personal care services, and healthcare designed to respond to individuals who need assistance with normal daily activities in a way that promotes maximum independence. Some assisted living communities serve a variety of residents across a wide range of ages while others may offer more specialized services, like memory care.

WHAT DOES ASSISTED LIVING TYPICALLY OFFER?

Services and amenities can vary between communities. But typical features of assisted living include: personal care services, medical care, 24-hour supervision, scheduled activities, meals, laundry service, and transportation.

HOW DO I KNOW MY LOVED ONE NEEDS ASSISTED LIVING?

Here are a few factors that could indicate your loved one is ready for assisted living:

- ❑ **Their care has become advanced.** If your loved one needs help getting dressed, bathing, or preparing meals, a community that provides these services is worth considering.
- ❑ **The cost of home care is too high.** More than likely, you know it is time for your loved to acquire assistance, but your family member, you, or your friend don't have the resources to pay for in-home care. Research several communities to see which one works best with your budget.
- ❑ **There are no family members or friends to help.** Often times, family members simply don't have the time or resources to devote themselves to the full-time care of a loved one. An assisted living community is a great option in this situation.

- ❑ **Their safety is at risk.** Maybe your loved one tries to bathe on their own and you are worried about them falling. Maybe your loved one tends to wander and leave their home, putting themselves at risk for injury. If this or similar circumstances arise, the 24-hour supervision of an assisted living community can give you the reassurance you need.

WHAT ARE MY ASSISTED LIVING OPTIONS?

There are many choices! Some communities only specialize in assisted living. Others provide a broader range of services that serve your loved one across the different care levels they may need over time, like memory care. It's important to assess where your loved one is in their journey and their life expectancy, and then decide what options you may need for their care.

In our Avamere communities, residents have access to the healthcare services they need to remain independent while enjoying a breadth of activities, events, and amenities.

Designed for convenience and ease, Avamere assisted living communities feature everything from beauty salons and movie theaters to exquisite on-site dining and wellness programs. To our residents, their community is home.

ABOUT AVAMERE

Avamere is dedicated to the health and well-being of seniors. When approaching the unique care needs and living situations of the individuals we serve, we strive to provide what they need to remain comfortably in the residence of their choice. Avamere's diverse companies operate in 248 locations across 19 states. Avamere is proud to be considered one of Oregon's most admired companies as they continue to serve their valued patients and residents. For more information, please visit avamere.com.



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