

# Our Clients

# Introduction

The following slides will provide you with background information on the different types of communities that we serve.

The better you understand your audience, the more successful you will be in instructing great classes!



# Assisted Living

Assisted living communities give older adults personalized care in a residential setting. They're for seniors whose health or well-being requires a higher level of support, which is determined through a health assessment by the community according to state regulations. Assisted living also provides a healthy lifestyle and social engagement.

The most common assisted living services offered include medication management and assistance with using the bathroom, dressing and grooming. Housekeeping, meals, laundry and transportation services, as well as social programs and activities, are typically included. Staff is available 24/7 to help with safety, care and support. Residents are encouraged to bring furniture and personal items to make their new home feel, well, like home.



# Independent Living

Independent living for seniors is a specific type of independent living center in which most (but not necessarily all) residents must meet age criteria. While other types of independent living facilities serve people with restricted abilities (physical, emotional, intellectual, or a combination of these), senior independent living facilities restrict residence only by age, most commonly requiring that at least one person per unit be 55 years or older.





# Memory Care

Memory care is a kind of specialized care for people living with Alzheimer's and other forms of dementia. Communities typically feature secure environments where staff can closely monitor the health of the residents. You'll also find programs, activities, and events that are designed to help memory care residents work on their cognitive abilities, while also getting to enjoy passions and hobbies. Staff typically are specially trained to provide the quality care needed for seniors with memory loss.



# Skilled Nursing/Health & Rehab Center

A skilled nursing facility is an in-patient treatment and rehabilitation center featuring licensed nurses and other medical professionals. Skilled nursing care is a high level of medical care that must be provided by or under the direct supervision of licensed health professionals, such as registered nurses (RNs) and physical, speech, and occupational therapists. These services can be necessary over the short term for rehabilitation from an illness or injury, or they may be required over the long term for patients who need a high level of care on a frequent or constant basis due to a chronic medical condition.



# Adult Day Care

An adult daycare center is typically a non-residential facility that supports the health, nutritional, social, and daily living needs of adults in a professionally staffed, group setting. These facilities provide adults with transitional care and short-term rehabilitation following hospital discharge.





# Senior Center

A senior center is a type of community center where older adults congregate for fellowship with others to fulfill many of their social, physical, emotional, and intellectual needs. A regular part of senior centers is card and board games, along with video games as that generation moves into old age.

