

# Our Clients

# Introduction

The following slides will give you valuable background information on the diverse communities we serve. The better you understand your audience, the more confident and effective you'll be at delivering engaging, impactful classes!



# Assisted Living

Assisted living communities provide **personalized care for older adults** in a supportive, residential setting. They're designed for seniors who need more help with daily activities than they would receive at home, as determined by a health assessment following state regulations.

These communities promote a **healthy lifestyle and social engagement**, offering residents a balance of independence and support.

## Common services include:

- Medication management
- Assistance with dressing, grooming, and bathroom needs
- Housekeeping, meals, laundry, and transportation
- Organized social programs and activities

Staff is available **24/7** to ensure safety, care, and support. Residents are encouraged to bring **personal furniture and items** to create a comfortable, home-like environment.



# Independent Living

Independent living communities are designed for **active older adults** who want the convenience of community living without the responsibilities of homeownership. Most residents must meet **age criteria**—commonly requiring at least one person per unit to be **55 years or older**.

Unlike other types of independent living facilities that support individuals with physical, emotional, or intellectual limitations, senior independent living communities focus primarily on **age-based residency**. They offer a lifestyle tailored to independence, often featuring amenities such as maintenance-free housing, social activities, fitness programs, and optional dining services—all while allowing residents to live on their own terms.



# Memory Care

Memory care communities provide **specialized support for individuals living with Alzheimer's disease and other forms of dementia**. These communities are designed with **secure environments** so staff can closely monitor residents' health and safety.

They offer **programs, activities, and events** focused on maintaining cognitive abilities while encouraging residents to enjoy their favorite hobbies and interests. Staff members are **specially trained** to provide the compassionate, skilled care needed to support seniors experiencing memory loss.



# Skilled Nursing/Health & Rehab Center

Skilled nursing facilities provide **in-patient medical treatment and rehabilitation** delivered by licensed nurses and other healthcare professionals. This high level of care must be administered by, or under the direct supervision of, **licensed health professionals** such as registered nurses (RNs), as well as physical, speech, and occupational therapists.

Skilled nursing services may be needed on a **short-term basis**—for example, to recover from an illness, injury, or surgery—or on a **long-term basis** for individuals managing chronic medical conditions requiring frequent or constant care. These facilities combine clinical expertise with compassionate support to help residents regain health and maintain quality of life.



# Adult Day Care

Adult day care centers are **non-residential facilities** that support the **health, nutritional, social, and daily living needs** of adults in a professionally staffed, group setting. These centers offer a safe and engaging environment during the day, giving participants access to structured activities, meals, and supportive services.

They also provide **transitional care and short-term rehabilitation** for adults following hospital discharge, helping them regain independence while easing the transition back to everyday life. Adult day care programs benefit both participants and their families by promoting well-being, social interaction, and peace of mind.



# Senior Center

Senior centers are **community hubs** where older adults come together for fellowship, socialization, and activities that support their **social, physical, emotional, and intellectual well-being**.

These centers provide a welcoming space for participants to engage in a variety of programs—such as exercise classes, educational workshops, and creative activities—that promote active, healthy aging. A regular part of many senior centers includes **card and board games**, and increasingly **video games** as technology becomes more familiar to older generations.

By offering diverse activities and opportunities for connection, senior centers help combat social isolation and enrich the lives of their members.

