

It's Time.

**Help someone you care about
balance independence with support.**



THE BRIELLE

Assisted Living
GUIDEBOOK

Freedom and Independence *with Assistance*



*It's often what aging loved ones need.
They just may not know it yet.*

Naturally, you may be concerned about an aging loved one living alone—and when someone you care about cherishes their freedom, it's difficult to suggest making someplace else home.



THE BRIELLE

At The Brielle, *we're here to help.*

We've developed this guidebook so you can objectively determine when it might be time to consider assisted living. You'll find tips to get the conversation started and to help you choose the right community together. You'll even learn how to spot the perfect assisted living option. Best of all, you'll discover how compassionate, competent assistance with the activities of daily living can make life more manageable and enjoyable, actually offering more freedom and independence and community connection.

We'll Guide You Through Four Key Topics:

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Ready? *Let's Get Started!*



When It's Time

Key signs that will help you objectively make the decision.

The decision to help someone move from their home to a community may be the right one, but it's not always an easy one. But, above all, you want to ensure that they are safe and well. How can you feel more confident about whether circumstances suggest that someone should no longer be living alone?



TEN SIGNS

it might be time for assisted living.

1. Driving

Don't ignore near misses, fender benders, new dents, or nicks. Request a ride to assess current driving skills.

6. Medications

Be on the lookout for empty or expired medicine bottles, unfilled prescriptions, or confusion about proper dosage and medication times.

2. Appearance

Poor grooming or hygiene, like unwashed or uncombed hair and stained clothing, might mean a little assistance is needed.

7. Maintenance

Sloppy housekeeping or a neglected yard may reveal that your loved one isn't faring as well at home alone anymore.

3. Activities

Watch for loss of interest in favorite pastimes. Giving up things that were once important and pleasurable may be a red flag.

8. Food

Check the fridge and cupboards. Look for food that's old or spoiled—from past-due expiration dates to moldy leftovers and sour milk.

4. Moods

Frequent bouts of irritability, moodiness, depression, loneliness, or fatigue are always symptoms worth discussing.

9. Finances

When unopened mail, unpaid bills, and overdue notices stack up, it may raise concerns about how financial matters are being managed.

5. Mobility

To avoid the risk of falls and fractures, watch to see if your loved one is more unsteady when walking, has recently fallen, or now has difficulty with stairs.

10. Forgetfulness

It's not just a natural part of aging when someone forgets important appointments, repeats things constantly, or frequently loses their sense of direction.



Conversation Starters

*Bringing up the subject is the hardest part.
We'll give you the confidence to get started.*

Mom or Dad may resist discussing assisted living, because they're afraid of losing their sense of independence. You might avoid the talk because you're concerned about how they'll react. However, starting the conversation before a crisis arises removes anxiety and uncertainty, making it easier on everyone.

How to begin

THE TALK.



FOLLOW THESE SIMPLE GUIDELINES.

Know Their Options

Research assisted living and memory care communities in your area—including costs. Find out if your aging parents have long-term care insurance or if a parent was a wartime Veteran to explore available funding. You need to know what they can afford to have a productive conversation about their wishes, needs and options.

Start As Soon As You Can

Bring up the topic before an emergency arises and you can discuss the future in a non-threatening way. Sitting at the kitchen table chatting, with no need to make a decision that day, makes the talk much more comfortable.

Acknowledge Their Wishes

If your parents are willing, involve them in community visits. Always present senior living options with positive language and an upbeat tone, and let them know it's important to you that they make the final decision.



Finding The Right Community

Finding the right senior lifestyle choice could be as easy as counting to ten.

Today's senior living choices may challenge your definition of a retirement community. You'll find some options offer a vibrant lifestyle with more freedom, independence, and flexibility than many seniors experience living in their own homes.



TEN STEPS to Finding The Right Community.

EXPLORE THESE 10 STEPS WITH YOUR LOVED ONE.

1. Do the Research

Senior living communities are typically classified by the lifestyles or levels of care offered. Lifestyle choices range from Independent Living (age-restricted communities for seniors who live independently), Assisted Living (offering assistance with the activities of daily living), Memory Care (offering support for Alzheimer's and other dementias), and Skilled Nursing (offering long-term skilled care by a nurse 24/7 or short-term rehabilitation). Many communities offer a combination of lifestyles.

2. Find Community Reviews

Do your homework and read what others think of the assisted living communities you're looking at. Online reviews can be a good start. Use ratings to narrow down prospective communities or read them after a tour to see if the results match your experience.


3. Evaluate the Budget

In most assisted living communities, services included in the monthly fee are extensive—three meals a day, utilities, emergency response systems, scheduled housekeeping, and transportation to name a few. In general, supportive services and care, such as help with showering, dressing, and medication management are assessed and charged by the amount of service required. Some communities are care-inclusive, with no additional fees for these services. If your loved one is a surviving veteran or spouse, VA Aid and Attendance benefits could help pay for care. Long-term care insurance may be applicable too.

4. Schedule a Visit

You can learn a lot online, but there's nothing like visiting communities in person. Most offer personal tours and some offer no-obligation, short-term stay options so seniors can test the lifestyle before making a move.





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5. Make Observations

When visiting communities, ask residents if they like living there. Are residents engaged in activities? Ask about community services and amenities, and request a copy of their events and activities calendar. See if floor plans are well-designed and equipped to make life easier.

6. Consider Transportation.

Many communities offer scheduled local transportation that practically eliminates the need and expense of maintaining a car—much less the worries and concerns about driving—in good weather or bad.

7. Consider Shopping.



Is there a shopping center nearby—or does the community offer transportation and outings to the grocery store, bank, and mall? Great shopping options simply make retirement life more enjoyable.

8. Consider Healthcare.

How close is the nearest hospital or medical center? If the senior living option you're considering doesn't include on-site health care options, you'll want to know that medical care is nearby if and when it's needed.

9. Consider Security.

One of the key benefits to moving to a senior living community is added security. Ask about it. Many offer 24-hour security for all residents.

10. Make an Informed Choice.

Choosing a senior living option is easier than you think if you do your research. The residents you come in contact with at senior living communities are very gracious and helpful. They also make great neighbors!

MAKING THE DECISION

How will you know a great assisted living community when you see one? Simple.

You've done your research. You've made a checklist of wants and needs. So you're ready to make an informed choice.

Keep the following must-have features top of mind as you tour communities.

Active Residents

If the assisted living community is full of hustle and bustle, you can bet that new neighbors will be swept happily into the stream. Note how the residents greet each other—do they seem familiar? Look for resident artwork, ongoing games, and clear signs there are options to be social and active, because an active lifestyle is crucial for good health.

Strong Emergency Response

Independence is important, but so is getting help at the moment it's needed. While on your tour, ask about overnight staffing—is it simply security, or are there medical professionals on site?

Resident-Focused Lifestyle

We all have internal rhythms and personal schedules. That doesn't change when a person moves into an assisted living community. If a resident needs a cup of tea at 1 a.m. to fall asleep, getting one should be possible. If a workout class must be missed due to a doctor's appointment, a later class should be available. This is called resident-centered service, and it shows that the community accommodates its residents, not the other way around.



Holistic Programming

Look for an activity calendar that comprises the dimensions of wellness: social, emotional, vocational, physical, environmental, spiritual, intellectual, and health services. Well-rounded engagement is key to maintaining one's mental and physical health. If all you see is bingo on Wednesday and chapel on Sunday, it's time to tour the next community.

Clear Residency Agreement

Make sure policy and billing details are clear to you. Ask to view the residency or rental agreement. Some simply charge a monthly rental fee to cover the residence, plus a flexible monthly fee to cover the specific support services and care needed to help assisted living residents remain as independent as possible. In addition to rental programs, many communities charge an entry fee.



THE BRIELLE

*You have options when it comes to senior living.
We hope you'll consider The Brielle.*

Our assisted living community is designed for those who still value their independence, but who may benefit from additional security and personal care assistance. Carefully customized to meet the unique needs of each person, a full range of dedicated services and amenities provide a comforting balance of positive, self-directed living and caring help when needed. The lovely residential atmosphere is an invitation to stay engaged and enjoy a sense of belonging and purpose with respect and dignity.

Bring someone you care about, and see for yourself!

Discover The Brielle Way of Life. Schedule a Visit Today.



THE BRIELLE

Assisted Living • Memory Care

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