

The Advantages to  
*Continuum of Care*  
*in Senior Living*



The Bluffs  
OF  
FLAGSTAFF  
SENIOR LIVING



## *What is Continuum of Care and why is it important?*

Seniors today are healthier and more active than ever. However, over time, aging does impact one's lifestyle. The mission of a senior living community is to provide for those needs regardless of where one is in the aging process. This continuum of care is designed to provide the increasing level of care services you may need and the peace of mind knowing that everything is conveniently located in one community.

**If you're considering the worry-free lifestyle that a senior living community can provide for you or a loved one, ask yourself these questions:**

### **Is the community right for your current and future lifestyle?**

Take a moment and write down all the things you love to do, want to do in the future but are unable to based on your current living situation, and all the things you do not want to do anymore, like home maintenance. Most senior living communities are designed to relieve the pressure so you can spend more time living your best life. Most communities include meal/dining options, housekeeping, transportation, and laundry services. The more inclusive senior living communities include planned events, fitness centers, movie theaters, and salons. These amenities provide a happy, healthy, and carefree life.

### **What level of care does the community provide?**

A senior living community should provide a holistic approach, ensuring all needs are met to provide optimal living. If you or your loved one find yourself needing to transition from Independent Living to an Assisted Living lifestyle, the only thing that should change is living quarters and ensuring that there are staff on-site 24/7 to manage your care needs. One's quality of life should not change when a little help can make things easier. A true continuum of care also includes on-site Memory Care, providing compassionate care in a safe environment for those Alzheimer's and dementia care residents.

### **Is there a Respite and Transitional Care Program?**

Respite Care can provide caregivers a much-needed break, help relieve stress, and promote balance in one's life. Transitional Care assists seniors after discharge from a hospital or a skilled nursing facility stay, allowing the family time to plan for what is next. Both care options should offer a fully furnished apartment with all the comforts of home, including a full nursing assessment to determine what additional care support is needed.

**CONTINUUM OF CARE CHECKLIST [NEXT PAGE >>](#)**

When touring a senior living community, use our checklist to see if the community's services and amenities meet your current and future needs



## CONTINUUM OF CARE CHECKLIST

A Continuum of Care provides increasing levels of care, conveniently located in one community. For each lifestyle option, see if the senior living community offers the services and amenities you or your loved one will need to meet ongoing and future needs.

### INDEPENDENT LIVING

Ideal for active seniors who require minimal assistance with daily activities. It offers the benefits of living in a community with other seniors with amenities like fitness centers, dining services, and lifestyle programs. Residents maintain their privacy and independence in private apartments or villas.

- |   |   |
|---|---|
| <input type="checkbox"/> Weekly housekeeping                  | <input type="checkbox"/> Pet-friendly residences                        |
| <input type="checkbox"/> Full in-suite kitchens               | <input type="checkbox"/> On-site activities director and planned events |
| <input type="checkbox"/> Daily concierge services             | <input type="checkbox"/> Open and easy-to-navigate layout               |
| <input type="checkbox"/> Numerous dining options              | <input type="checkbox"/> On-site resort-style amenities such as         |
| <input type="checkbox"/> Fitness center and exercise programs | indoor pool, full-service salon, dog park, theater                      |

### ASSISTED LIVING

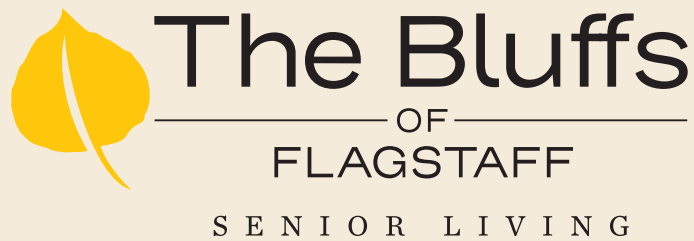
These seniors are still active but require a higher level of care with activities of daily living than what in-home care can provide. These services may include assistance with mobility, bathing, meal preparation and more but do not require intensive medical care.

- |   |   |
|---|---|
| <input type="checkbox"/> Personalized care packages                 | <input type="checkbox"/> On-site physical therapy available |
| <input type="checkbox"/> Assistance with activities of daily living | <input type="checkbox"/> Medication management              |
| <input type="checkbox"/> Emergency call pendants                    | <input type="checkbox"/> 24/7 on-site staff                 |
| <input type="checkbox"/> Daily restaurant-style dining              | <input type="checkbox"/> Daily activities and social events |
| <input type="checkbox"/> Weekly housekeeping and laundry            | <input type="checkbox"/> Scheduled transportation available |

### MEMORY CARE

As seniors develop various forms of dementia, their needs evolve to require around-the-clock supervision and specialized care in a safe and secure environment. Memory Care facilities offer the necessary support to maximize quality of life for individuals with memory impairments.

- |  |  |
|--|--|
| <input type="checkbox"/> Nationally certified dementia practitioners | <input type="checkbox"/> Spacious, easy-to-navigate apartments         |
| <input type="checkbox"/> Specialized care in all forms of dementia   | <input type="checkbox"/> Compassionate team on-site 24/7               |
| <input type="checkbox"/> Dedicated Memory Care activities            | <input type="checkbox"/> Quarterly care plan checks                    |
| <input type="checkbox"/> Secure, private community                   | <input type="checkbox"/> Interactive life and work stations            |
| <input type="checkbox"/> Cognitive-friendly daily dining program     | <input type="checkbox"/> On-site monthly support groups for loved ones |



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As a trusted part of the senior living industry, we are happy to share our expertise and connect you with one of our local professional partnerships to help guide you and answer your questions. Please feel free to contact us and see how we can help.



**SCAN TO CONTACT US**



FACILITY ID# AL12326C