

The Benefits of  
*Companion Suite Living  
in Memory Care*



The Bluffs  
OF  
FLAGSTAFF  
SENIOR LIVING



## *What is a Companion Suite, and how can it benefit your loved one?*

The search for a compassionate Memory Care community for those loved ones with dementia can be challenging. Beyond providing personalized care by a team of certified dementia practitioners, it's important that your loved one feels a sense of belonging and home. Our Memory Care neighborhood, known as The Cottage, is designed to inspire happiness in our residents and help them thrive. A crucial part of that mission is our Companion Suites. An alternative to private suites, these shared living spaces offer not only comfort but also a wide range of benefits that add to your loved one's happiness and quality of life.



### **BENEFIT ONE:**

## **Ease the Transition**

Let's be honest: Moving into a new home can be emotionally challenging. It often means leaving behind familiar surroundings and established routines. But it can be especially difficult for those living with Alzheimer's or dementia. **By choosing a Companion Suite, your loved one is paired with a compatible senior, establishing an instant connection and roots within the community.** Not only does a shared living space with another resident create a sense of familiarity but it also makes it feel more like home, creating a smoother adjustment to your loved one's new community.



### **BENEFIT TWO:**

## **Encourage Social Interaction**

Socialization can play a vital role in the overall well-being of those living with dementia. At The Cottage, our Memory Care activity programming enriches our residents' lives daily through sensory engagement and adaptive exercise. Companion Suites take that a step further. **By having a roommate, your loved one will have a constant source of companionship and emotional support,** creating opportunities for conversation and shared experiences while providing you the peace of mind that your loved one is engaged and thriving.



### BENEFIT THREE:

## Minimize Dementia Symptoms

Many seniors living with Alzheimer's and dementia suffer from cognitive, behavioral, and psychological challenges. Senior isolation can further these issues. By living with a roommate in a Companion Suite, your loved one experiences strong, constant social support, reducing the feeling of loneliness while promoting physical and mental health. **Research shows that people with strong social ties are less likely to experience cognitive declines than those who are alone.**



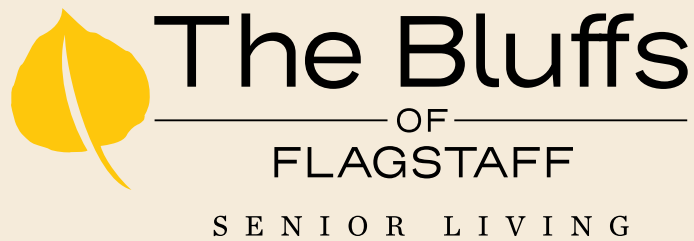
### OPTION FOUR:

## Reduce Costs

Though the care your loved one deserves is priceless, the truth is that quality Memory Care services can be expensive. Budget considerations are often a key factor in your choice of community. That's where a Companion Suite can be an ideal solution. **Compared to a private room, Companion Suites offer the same high level of care at significant savings.** At The Cottage, that means your loved one also receives the same services and amenities all of our Memory Care residents enjoy, including:

- Certified Dementia Practitioner
- Secure Environment
- Daily Engaging Activities
- Medication Management
- On-site Staff 24/7
- Private Bathroom
- Three Daily Homestyle Meals + Snacks
- Spacious, Easy to Navigate Apartment
- Housekeeping and Laundry Service
- On-site Physical Therapy Available
- Assistance with Activities of Daily Living
- Specialized Care in All Phases of Dementia





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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.



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