



# Understanding Senior Care Options

A Senior Solutions eBook



Finding a senior care community for you or your loved one can be a complicated task. It is one you should not take lightly as you are making a decision that will last for years to come. To say you need a moment to research is an understatement. You have likely stumbled upon this eBook while doing your research, and the good news is that we are here to help!

While most can be complicated, Senior Solutions communities are anything but that. We offer all-

inclusive and refreshingly simple communities for you or your loved one. Our goal is to provide you with a resource that defines the levels of care provided at our senior living communities so you can make a decision that's right for you or your family!

Learn About  
Our Care Levels



## Assisted Living

**Assisted living** is an option that doesn't need to be over complicated as it is just that—living with provided assistance. We understand your concern if your loved one requires special care and attention, and that's when assisted living care options can help.

[Learn About Assisted Living](#)

Assisted living is the ideal care option for your loved one if they have one of the following needs:

- Mobility Assistance
- Medication Management
- Hygiene Assistance
- Meal Preparation
- Transportation Services

At Senior Solutions Management Group, our goal is to provide residents of assisted living with all the care they require. Our assisted living communities are all-inclusive, and our caregivers are there to assist with any needs or health requirements. Our staff is available 24 hours a day, seven days a week to attend to your loved one's needs. Assisted living communities provide your loved one with a comfortable lifestyle that compliments their needs, and our communities offer a genuinely personalized touch that ensures your loved one will have a quality experience.



## Memory Care Services

Memory care services are a much more delicate topic that requires a bit more attention. This care level was designed specifically for those diagnosed with Alzheimer's, dementia, or any form of memory impairment.

Dealing with a disease like Alzheimer's is anything but simple, and can wear down an informal caretaker. The level of stress

that accompanies an Alzheimer's diagnosis is high, and taking on caregiving alone, even with family support, can lead to adverse effects for everyone involved. **The Mayo Clinic** has an extensive guide if you're planning on undertaking the role of caregiver to a loved one.

Learn About  
Memory Care

Our team of professionally-trained staff takes a family-based approach to our care. **The Retreat**, our memory care services, can be your loved one's home away from home. Our caregivers work tirelessly to maintain a personalized and robust connection with all of our residents. A few things that make The Retreat so unique and valuable:

- **Extensive Training:** Each staff member on our memory care team must complete vital training and supervision to maintain the unique physical, emotional, and social requirements of every resident.
- **Personalized Care:** Our entire care plan is developed entirely with your loved one and your family in mind. We bring our entire team of caring and attentive professionals together to provide moment-by-moment

attention. Our focus is to touch the lives of every resident within our community and provide them with a caring, patient, understanding, compassionate and dignifying touch that gives them the respect they deserve.

- **World-Class Approach:** Our caregivers are trained in the most comprehensive, compassionate, and evidence-based programs available. This approach ensures that your loved one has access to the latest behavioral, environmental, and programming strategies that deliver the best care possible.

Our goal is to make The Retreat a reassuring home for those dealing with memory impairments and provide family members with confidence and peace of mind knowing their loved one is in good hands.





## Independent Living

Senior living communities, like our Senior Solutions communities, are changing the game and making it so that people can retire comfortably. Independent living is the option

you would pick if you or the senior in your life requires little to no assistance with daily activities.

Learn About  
Independent Living

So, what is the difference between an **independent living community** versus living at home? While your loved one may be content at home, they may be missing out on activities vital to their health and well-being, or vice versa. Another great thing we have in our senior living community is just that—a community. Your loved one can live with like-minded individuals and experience a social life that they may not be experiencing.

Home life can provide a lot of comforts but may cost your loved one a lot more in the long run.

Some questions to ask yourself are:

- How much money (and stress) is going into home and yard maintenance yearly?
- Is my loved one experiencing social activity?
- Does my loved one engage in physical activity?
- What is the cost of utilities every month?

Our independent senior living communities may be the perfect way to provide solutions to these questions. You or the senior in your life should enjoy retirement, and independent living can help you do that!



# Residential Home for The Aged

If you're afraid of placing your loved one in a larger community, a **residential home for the aged** is the next best option. It provides many of the same amenities of a senior living community on a smaller community scale. For this

option, the resident must require limited assistance with medical needs and mobility.

Learn About Residential  
Homes for the Aged





# Personal Care Home

A **personal care home** is a lot like our residential home for the aged, except it can cater more towards your loved one's assisted needs. Our staff at these senior living communities are care professionals who provide a personal touch to each resident. With the combined benefits of Assisted Living and Residential Homes for the Aged, a personal care home offers your loved one all the comforts of home living, as well as a community to grow in. If the senior in your life requires the following, a personal care home is best suited for them:

- Supervision or assistance with self-medication
- Mobility assistance
- Assistance with daily activities such as eating, grooming, or dressing

Learn About  
Personal Care Homes

Your loved one will be taken care of by our highly trained staff and have a personalized room. Personal care homes are essentially a less restrictive community for your loved one, where they flourish and experience a unique senior living community.





Senior Solutions Management Group would like to take a moment to thank you for looking over all of this information. The differences between our offered services and communities are notable, and we want to help you pick the right option for you or your loved one.

If you are interested in **scheduling a tour** of one of our Senior Solutions communities throughout

Georgia, Tennessee, or South Carolina, we encourage you to do so! Whether you are a current resident, looking for senior care options, or not quite ready to take that step, we are happy to provide any advice and direction we can. You can learn more or ask any questions by **contacting us!**

Contact Senior Solutions