

## Frequently asked questions

### **What is Assisted Living?**

Assisted Living Facilities are not only for people who need assistance with the activities of daily living, but it is for independent people who are tired of living alone. It is between independent living and living in a nursing home. Some, but not all, residents in assisted living centers are not able to live by themselves but do not require constant care either. Assisted living offers help with Activities of daily living, such as eating, bathing, dressing, laundry, housekeeping, and assistance with medication. AL is not an alternative to a nursing home, but a place for seniors to live as independent as possible.

### **How does an Assisted Living differ from a nursing home?**

Nursing homes are designed to care for very frail people who are not able to care for themselves and have numerous health care requirements. Assisted Living facilities are intended to assist mature adults who are able to care for themselves, but may need a little extra care with Activities of daily living.

### **What are some of the reasons why people choose Assisted Living?**

- The home no longer meets the present needs. (stairs, location, living alone)
- Looking for future security with regard to health care
- Safety issues
- Family piece of mind
- Desire for more socialization and activities
- Home maintenance, repairs, and general upkeep become too much
- Taking care of a spouse becomes overwhelming
- Needing a little bit of assistance but still want to be independent
- Can no longer drive
- Memory is not as good as it used to be

### **Do I have to sign a year contract with The Homestead?**

No, each resident signs a contract that allows you to rent month to month. If a resident would like to move out, a resident would give a thirty day notice.

### **But I am not ready Yet!**

This is common for many seniors. Assisted Living is the unknown, but it is a lifestyle that provides each resident with the opportunity of a secure, enjoyable, carefree retirement. Living in assisted living could be some of the best years of your life.