

## Independent Living

*If seven or more of these statements apply to you or your family member, Independent Living might be your best choice.*

### Physical Health

- Overall health is good. May have some health conditions which require medication.

### Medications

- Responsible for self-administration of any medications.

### Mobility

- Able to move around unaided by anyone, perhaps with assistance with a cane or walker. Able to evacuate independently in case of emergency.

### Mental Health

- Overall mental health is good. Memory is intact but may have occasional forgetfulness. Able to reason, plan and organize daily events.
- Exhibits occasional confusion. May need assistance with planning and organizing daily events.

### Social Skills/Behavior

- Deals appropriately with own emotions and stress. Interacts appropriately and enjoys socializing with others.

### Personal Hygiene

- Dresses, bathes, and shaves without any assistance. Continent and able to use the bathroom without assistance.

### Meal Prep and Nutrition

- Willing and able to cook and prepare 3 nutritious meals per day. Eats without assistance.
- Unwilling or unable to cook. Eats without assistance.

### Housekeeping

- Willing and able to perform all housekeeping functions including cleaning, vacuuming, changing linens and laundry.
- Unwilling or unable to perform housekeeping functions except for light cleaning and personal laundry.

## Assisted Living

*If seven or more of these statements apply to you or your family member, Assisted Living might be your best choice.*

### Physical Health

- Has some health conditions which require medication or therapy and occasional monitoring by a health care professional.

### Medications

- Able to self-administer medications but may need others to remind and monitor the process.
- Cannot administer own medications. Medications must be administered by a health care professional.

### Mobility

- Uses a cane, walker or wheelchair but is able to move around independently. May require assistance to evacuate during an emergency.
- Mobile, with or without devices but may require daily assistance due to poor vision, weakness or confusion. Requires assistance to evacuate during an emergency.

### Mental Health

- Exhibits occasional confusion and memory loss. May need assistance with planning and organizing daily events.

### Social Skills/Behavior

- May require periodic intervention from others to facilitate expression of feelings or cope with stress. Interacts appropriately and enjoys socializing with others.
- May require periodic intervention from others to facilitate expression of feelings or cope with stress. Withdrawn, does not easily socialize with others.

### Personal Hygiene

- May require assistance or reminders with dressing, bathing and shaving. Continent and able to use the bathroom and can deal with any occasional incontinence problems.
- Meal Prep and Nutrition
- Unable to cook. Needs assistance to eat.
- Totally dependent upon others for nourishment.

### Housekeeping

- Unwilling or unable to perform housekeeping functions except for light cleaning and personal laundry.

## Memory Care Environment

*If seven or more of these statements apply to you or your family member, Memory Care might be your best choice.*

### Physical Health

- Has serious health conditions which require constant monitoring by a health care professional.

### Medications

- Able to self-administer medications but may need others to remind and monitor the process.

### Mobility

- Uses a cane, walker or wheelchair but is able to move around independently. May require assistance to evacuate during an emergency.
- Mobile, with or without devices but may require daily assistance due to poor vision, weakness or confusion. Requires assistance to evacuate during an emergency.

### Mental Health

- Exhibits confusion and poor judgment. Needs constant reminders and guidance with daily events.
- Mental health is poor. Has been diagnosed or is showing signs of Alzheimer's disease or other dementia.

### Social Skills/Behavior

- May have occasional behavioral problems such as outbursts of anxiety or agitation.
- Requires regular intervention from others to facilitate expression of feelings or cope with stress. Inappropriate behavior makes it difficult to socialize with others.

### Personal Hygiene

- Requires assistance with dressing, bathing and shaving. May need assistance using the bathroom or has incontinence problems that require management by others on a regular basis.

### Meal Prep and Nutrition

- Totally dependent upon others for nourishment.

### Housekeeping

- Unable to perform any housekeeping functions or do the laundry.