

# ASSISTED LIVING

## RESOURCE GUIDE



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

Assisted living is an ideal option for seniors who require assistance with daily activities like medication management, grooming, meal preparation, housekeeping and more. Senior living communities provide the security, stability and assurance that you can live your best life with peace of mind knowing all your needs will be fulfilled, now and in the future.

### What You Can **Expect** in this Resource Guide

In this guide, we share more about what you can expect in assisted living, including services, amenities and the benefits of living in a social community. You'll also learn how to identify the common signs that it may be time to consider assisted living. Lastly, we include details on what sets our communities apart and how you can set up a private, personalized tour.

## Explore Assisted Living **Services and Amenities**

Many assisted living communities feature a variety of floor plans, services and amenities for residents to enjoy an active, maintenance-free lifestyle. Assisted living teams prioritize engaging activities and opportunities so residents can connect with others in meaningful ways.

Here's a glimpse into all that Community First Solutions Senior Living communities have to offer for assisted living residents:

### **Amenities**

- Spacious, private apartments located near all the activities and amenities
- Daily activities led by the Resident Lifestyle team for learning, creativity, engagement, fitness and fun
- On-site wellness center with special exercise programs
- Aquatics fitness classes\* (\*Westover & Berkeley Square only)
- Convenient beauty salon, library and recreational spaces
- Beautifully landscaped grounds featuring walking paths and gardens
- Bright, welcoming common areas to spend time with family and friends

### **Services**

- 3 daily restaurant-style meals in the dining rooms, a variety of menu options and special diet accommodations
- 24-hour on-site staffing with RN oversight
- Housekeeping, maintenance and laundry services
- Cable, internet and phone included
- Transportation to local appointments
- Emergency pull cords and pendants
- Assistance with daily tasks like bathing, grooming and getting dressed
- Reminders for meals, activities and personal care
- Wheelchair/escort throughout the building
- Personalized care plan to meet individual needs
- Medication administration
- Incontinence care
- Security of top-rated healthcare services





## Discover the Benefits of Living with Assistance

Choosing assisted living for your loved one offers many benefits and opportunities for them to thrive. It also provides the peace of mind of knowing your loved one is cared for so you can focus on quality time together rather than caregiving.

Discover some of the benefits your loved one may experience in an assisted living environment:

- **Improved Quality of Life** - Dedicated care, balanced meals and socialization encourages health and happiness.
- **Daily Living Assistance** - Routine hygiene care and reminders help residents maintain healthy habits that sustain well-being.
- **Medication Management** - A bit of extra assistance managing medication keeps residents feeling their best.
- **More Time with Family** - Families enjoy more quality time together and the peace of mind that comes with trusting a compassionate, professional team to provide care.
- **New Friends and Lots to Do** - New friendships and relationships create connections that provide a sense of community.
- **Consistent Well-Balanced Meals** - Tasty and thoughtful meals are provided daily, enhancing health through nutritious menus.



## Identify the Signs That It May Be Time for Assisted Living

As parents and older loved ones age, they undergo changes that can be noticeable and concerning to those closest to them. When do these changes become indicators that it may be time to discuss providing more care outside their homes? There are a few tell-tale signs that you should consider researching assisted living communities and available resources.

Take a look at the following common signs it may be time to consider assisted living:

### ① Changes in Hygiene

Have you begun to notice your loved one not regularly washing their hair or wearing the same outfit repeatedly? Perhaps you have even recognized that they haven't been routinely brushing their teeth or bathing. Changes in hygiene habits may also be a sign of other challenges your loved one is experiencing, like cognitive decline or mobility issues.

### ② Expired Food in the Fridge

The random mystery container of last month's leftover meatloaf happens, but if you begin to see numerous everyday items that have expired in the refrigerator, this can be cause for concern. Staples normally used, like milk, butter, eggs and other frequently used items that have gone well beyond their use-by date, should be noted. Unfortunately, consuming these foods could make your loved one ill and also be a sign that they aren't getting enough to eat.

### ③ Missed Appointments and Unpaid Bills

The day-to-day scramble of managing your social calendar, youth sports schedules and ensuring the phone bills get paid on time can be tricky for anyone to keep track of. When your family member begins to miss appointments that they have formerly been quite diligent at attending, this is a sign to pay attention to. Look for piles of bills, unopened mail or "final notice" items collected on the kitchen table. This can be a sign of poor monetary management, which could become a more significant problem if it persists.

## ④ Weight Loss

If your parent or loved one has started to lose weight and noticeably looks thinner, this could be attributed to a lack of nutrition in the home, an inability to make meals for themselves, or forgetfulness about eating. Perhaps your loved one has resorted to only making microwavable, processed meals and lacks fresh fruits and vegetables in their diet. Their current diet may not meet the proper nutrition requirements and may need to be evaluated.

## ⑤ Anxious To Be Alone

When older adults feel uncomfortable about being alone, it could be a sign to look into more care. Feeling anxious can take an emotional toll on a loved one and present unwelcome stress in their lives. Your loved one's worries can even create unease and stress for caregiving family members who anguish over having to leave them alone.

## ⑥ Repeating Information

Everyone has retold the same story twice to someone they know on accident, but when information is reiterated over and over again to the same person within a short time frame, this can be concerning. A family member who is consistently repeating themselves may be exhibiting signs of early dementia, depression, isolation or something acute like a UTI. Regardless of the cause, repeating information isn't necessarily a part of normal aging and may need to be addressed.



## Experience the Community First Solutions **Difference**

Our team here at Community First Solutions Senior Living communities is your partner in care, providing specialized support and assistance for each resident so you can experience peace of mind knowing your loved one is in caring hands.

Here's what sets us apart from other communities:

- **Top-Rated Care** - We have been consistently recognized for outstanding quality for over 100 years. Our communities provide professional nursing staff on-site ALL day and ALL night with an RN Manager on duty 24 hours a day to ensure help is right there when needed.
- **Lifestyle and Social Engagement** - Enjoy an abundance of activities and special events led by our dedicated Resident Lifestyle team.
- **Our Commitment To You Is For Life** - Community First Solutions is deeply committed to the people we serve, and care and compassion drive our teams to fulfill our nonprofit mission each day. We are committed to lifetime care, which means your future needs will be met. Additionally, no resident will ever be asked to leave for financial reasons.
- **Premium Apartments** - Our assisted living apartments are among the largest in the area. Many feature private baths, outdoor access and plenty of space for favorite furnishings.



## We're Here When You Need Us

Community First Solutions is uniquely positioned to leverage the expertise of specialized teams across our organization to offer a continuum of care services to support each resident's health and wellness needs. Our continuum of care includes services provided on our senior living campuses and a wide array of additional support services to meet the needs of residents and other clients throughout our region.

Our Continuum of Care Includes:

- Independent Living
- Assisted Living
- Memory Care
- Skilled Nursing & Rehab
- Post-Acute Inpatient & Outpatient Rehab
- Pharmacy
- Home Health
- Elderly Services Program
- Meals on Wheels
- Transportation
- Mental Health & Addiction Services
- Wellness Centers

## Take the Next Step - Schedule a Tour

Whether you are considering a move to assisted living or just exploring the options, we are here for you. We invite you to schedule a private, personalized tour.

Our Senior Living Communities Include:

### BERKELEY SQUARE



COMMUNITY FIRST SOLUTIONS

**513-896-8080**

*Hamilton, Ohio*

Independent Living, Assisted Living,  
Memory Care, Skilled Nursing  
& Long-Term Care

### WESTOVER



COMMUNITY FIRST SOLUTIONS

**513-785-2010**

*Hamilton, Ohio*

Independent Living, Assisted Living,  
Skilled Nursing & Long-Term Care

### MONTAGE MASON



COMMUNITY FIRST SOLUTIONS

**513-466-8369**

*Mason, Ohio*

Assisted Living, Memory Care

### THE COTTAGE OF MASON



COMMUNITY FIRST SOLUTIONS

**513-770-1778**

*Mason, Ohio*

Assisted Living, Memory Care

### THE PATTERSON



COMMUNITY FIRST SOLUTIONS

**937-230-4711**

*Beavercreek, Ohio*

Assisted Living, Memory Care