

What Level of Care is Best for You or Your Loved One?

What are the different levels of care at Prestige?

Prestige Senior Living offers three levels of care depending on the needs of the resident: **INDEPENDENT LIVING, ASSISTED LIVING AND MEMORY CARE.**

What is INDEPENDENT LIVING?

INDEPENDENT LIVING is for seniors who continue to enjoy their favorite activities, while maybe wanting to do less work around the house. Independent living residents have access to all of Prestige's amenities and services; so if you feel like eating in our dining room, you can. If you prefer cooking your favorite meal in your own kitchen, that's an option as well.

Independent living residents also take part in our **Celebrations** wellness program, which you can learn more about by [CLICK HERE](#). Independent living is perfect for seniors who want to continue doing the things they want to do, while doing less of what they have to do.

What is ASSISTED LIVING?

Our **ASSISTED LIVING** communities are for seniors who may need extra help with many day-to-day tasks. Assisted living residents eat all meals in the dining room, have cleaning done for them, and may receive assistance with tasks such as dressing, bathing and toileting if necessary.

Like our independent living residents, they take part in our **Celebrations** wellness program, which uses cutting edge programming to nourish mind, body and spirit. For more on Celebrations, [CLICK HERE](#).

What is MEMORY CARE?

For those with a diagnosis of Alzheimer's Disease or dementia, our **MEMORY CARE** communities keep our residents fulfilled using innovative care techniques and life enrichment programming to provide people with dementia and their families an environment in which the individual can live a productive and active life and be treated with dignity and respect.

At Prestige, our memory care residents take part in our award-winning **Expressions** program, which is designed to keep residents active and engaged. Our compassionate caregivers take the time to understand elements of a person's life story so that we can personalize and tailor each service we provide. To learn more about Expressions, [CLICK HERE](#).

How do I know which one is right for myself or a loved one?

Sometimes it can be difficult to know if independent living or assisted living is right for you or a loved one. It's important to be honest about the situation: have day-to-day tasks become more difficult? Are you or a loved one suffering falls?

In addition to making the decision as a family, touring a Prestige community and discussing the options with our team can also help guide you or your loved one to the proper level of care. Our team works closely with our residents every day and understands the needs of seniors. Spending time at a Prestige community with our team can help bring the decision into focus. Find the **location** nearest you to book a tour today.



What if myself or my loved one moves into an independent living community, but eventually require a move to assisted living?

The staff at our communities are deeply engaged with the residents, and it's not uncommon for our team members to notice that it may be time for someone to consider moving from independent to assisted living.

However, it's not a decision we make unilaterally. We would work closely with you and your family to explain the reasons why a move might be in order, and the benefits of doing so. It's a collaborative process with the resident's best interest as our foremost priority.

What if myself or my loved one reside in independent or assisted living, but may later require memory care?

Like in the prior scenario, our team members notice when a resident's memory may be diminishing. At that point, in conjunction with you and your family, we may begin the process of working with medical providers to determine whether the resident has Alzheimer's Disease or dementia.

Should a diagnosis of Alzheimer's or dementia be given, we would then work with you and your family to determine when the time is right to make the transition to memory care.

What if myself or my loved one needs to transition from a skilled nursing center into assisted living?

During their time at a skilled nursing facility, there may be a consensus where you, your family and medical providers come to an understanding that you will require assisted living upon discharge from skilled nursing.

In that case, our team will work closely with you and your family to find a nearby Prestige Assisted Living community that can meet your needs upon the conclusion of your treatments. Our team will help with all the arrangements, and you and your family will be part of the process every step of the way to ensure a smooth transition during a stressful time.

What if myself or my loved one need to move from a hospital into a skilled nursing center?

Sometimes recovering from an illness, injury, joint replacement surgery or other types of hospital stays can take a little more time and expertise than your home or assisted living situation can provide. You and your partners in care may decide that skilled nursing is the right fit for you. With short-term skilled nursing care the goal is to successfully transition patients like you from hospital to home—and provide tools for each phase of recovery.

Once you have selected and been admitted to one of our award-winning skilled nursing care centers, our interdisciplinary team of doctors, nurses, therapists and social workers and will work with you to set and plan for your specific recovery goals. During your stay, we also provide ongoing, comprehensive evaluations to determine your need for home health or outpatient services on your return home. Our goal is not only for you to recover, but also to prevent future complications through education and enhanced well-being.

