

Page Title: Understanding Assisted Living Communities, Questions to Ask

Meta Description: *Learn about assisted living communities, what they provide, and how to select the right senior living residence. At StoneCreek of Colorado Springs, we provide housing, personal care, and medical services such as memory care for dementia patients.*

What is Assisted Living?

Assisted living is one of several housing options for seniors needing help with daily activities. Assisted living communities like StoneCreek of Colorado Springs, provide a combination of housing, personal services, and medical care. This mix is tailored to the needs of each resident. Independent living centers like ours encourage community involvement and an active social life.

Senior housing can be all in one building or part of a complex. Some are part of a group of connected facilities such as hospitals, nursing homes, retirement communities or apartments. As a person's needs change they can quickly and easily shift to another part of the complex. Some allow pets, have community recreation space or are tailored to specific interests (golfing, LGBTQ, vegetarian, etc.).

Senior assisted living residences provide needed support while respecting the resident's independence, dignity, and privacy. At StoneCreek we accommodate the changing needs and preferences of each member of our community. The health, safety, and comfort of our members is our number one goal.

What do assisted living communities provide?

While every senior living center is individual, most provide some combination of housing, food, personal services, and medical care.

Services provided may include:

Meals

Help with medication

Laundry service

Housekeeping

Bathing and personal care

Mobility assistance

On-site health services

Memory care/Alzheimer's support

24/7 security and emergency call system

Help with transportation

Community and social activities

Exercise facilities
Wellness programs

How do you select the right senior living community?

There are many factors to consider when selecting the right option for you or your loved one. Cost, types of services provided, and the culture of the community must all be taken into account.

One thing to keep in mind is that assisted living is generally less expensive than a nursing home. It is important to understand the cost for each option you are looking at as well as any add-on services. You will also want to find out whether Medicaid or private insurance are accepted and how it is billed.

The best way to find a community that suits your needs is to visit. The atmosphere, cleanliness, and feel will be easy to see. If you can, arrange to visit during meal time. Notice the quality of the food, the mood of residents and staff.

Learn more...