



Considerations for Senior Living Options

especially prepared for:

University of Minnesota Retirees Association

5.14.24

 *Care
Compassion
Community*

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Senior Living Options

Community Based Services such as:

- Adult Day Care Program
- Skilled Homecare
- Meals on Wheels
- Caregiving Support

Independent Living:

- Traditional senior apartment homes
- HUD-supported senior apartments

Assisted Living

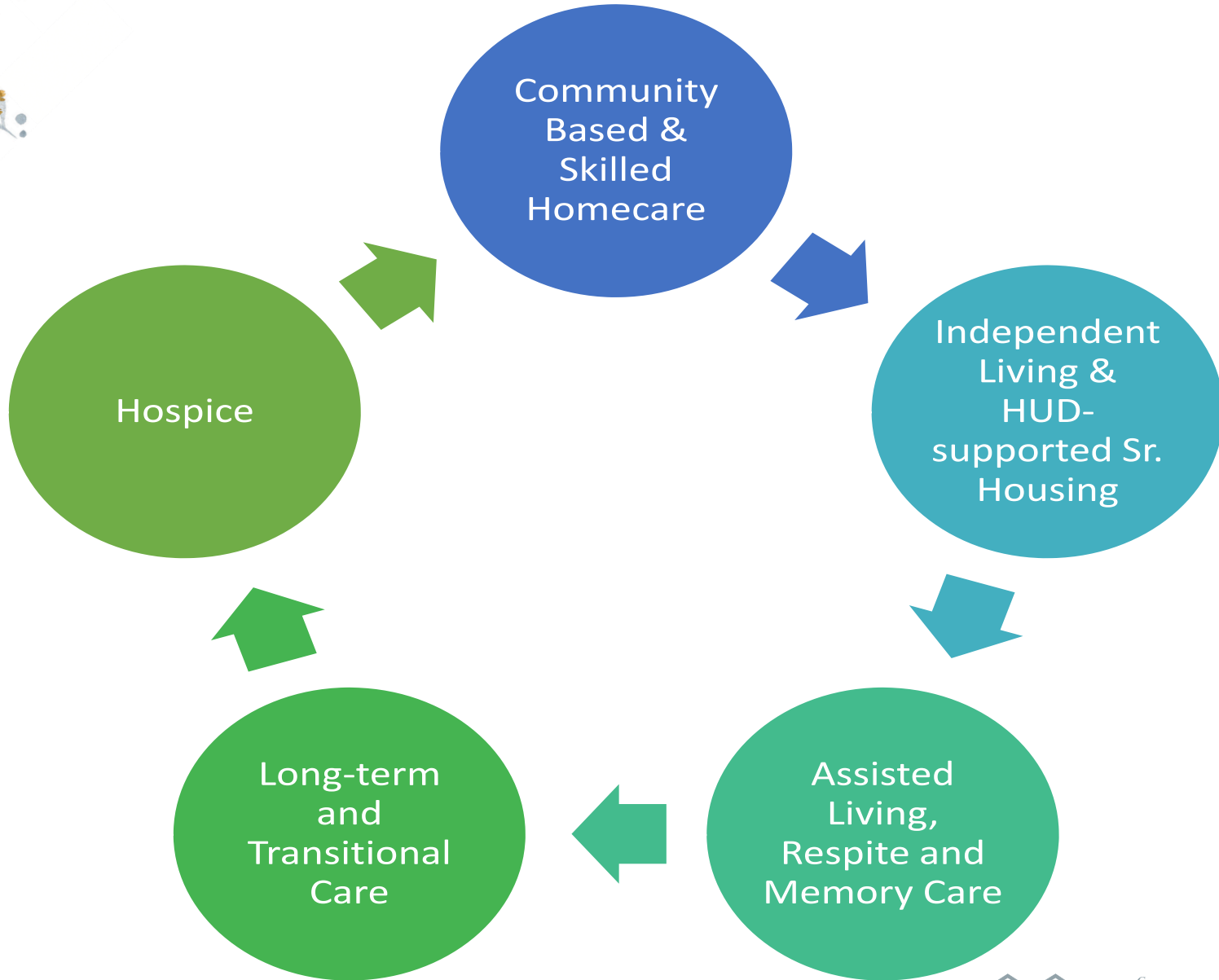
Respite

Memory Care

Long-term and Transitional Care

Hospice

Senior Living – Continuum of Care



Does the community offer the services and amenities that you need and want such as:

Senior Living Options

What do they provide?

Services

- Quality care
- Emergency call systems
- Access to homecare services
- 24-hour staffing
- Full calendar of activities each month
- Classes and community events
- Meals
- Housekeeping and laundry services
- Utilities

Amenities

- Controlled access
- Guest services desk
- Deli
- Beauty salon/barber shop
- Access to short-term rehab and outpatient therapy
- Library
- Community rooms
- Fitness center



Important Factors to Consider in Choosing Independent Living Communities

Timing

Determine the appropriate timing by planning ahead

Community

Connections, relationships, neighbors, friendships, and companions

Individualized

Ensure that the lifestyle opportunities meet your needs, desires, and preferences

Person-centered Approach

Understand what the community offers and that the right care will be provided at the right time



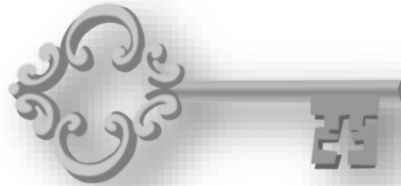
Important Factors to Consider in Choosing Independent Living Communities

In addition to the services and amenities offered, consider these key questions:

- ❖ Can I have my meals delivered to my apartment home if I decide not to eat in the dining room?
- ❖ Is there parking space available? Storage space?
- ❖ Are their outdoor environments available?
- ❖ What are the opportunities for volunteerism?
- ❖ Is there shopping, banking, restaurants, entertainment, and a senior community center nearby?
- ❖ Are their group outings or events for the residents?
- ❖ Is there transportation available to drive residents to their medical appointments?



Important Factors to Consider in Choosing Assisted Living Communities



In addition to the services and amenities offered, consider these key questions:

- How is the initial assessment handled?
- What hours are the community's licensed staff in the building?
- How are emergency medical situations handled?
- What happens if the health care needs of a resident changes?
- Does the community have the necessary safety measures in place?

Important Factors to Consider in Choosing Assisted Living Communities

In addition to the services and amenities offered, consider these key questions:

- How does the community include my family in developing the care plan for me?
- How does the community prioritize the services that are offered?
- How does the community manage communication with families during non-business hours?
- How does the community handle a situation in which I might need to move within the community or outside of the community?





Important Factors to Consider in Choosing Assisted Living

What care services are provided?

Personal Care Services

- Shower/spa/tub assistance, AM or PM cares, Dressing set-up, bathroom assistance, safety check/reassurances

Medication Services

- Medication set-up, medication administration, medication reminders, blood sugar check

Respiratory Services

- Oxygen management, respiratory treatment

Escorts

Home Health Aide or Nurse Visits

Other Services

- Meal delivery, outside pharmacy, lab management, additional laundry needs, basic wellness services



Important Factors to Consider in Choosing Memory Care Communities

In addition to the services and amenities offered, consider these key questions:

What type of medical care is provided?

How are issues resolved?

How do staff interact with residents?

What types of stimulation is available and how often?

What are some situations that would prevent me from residing in this memory care community?

Does the community accept subsidized care services and housing support? What are the requirements around the length of stay in the community to be eligible?



Important Factors to Consider in Choosing Senior Living Options

What are the costs?

Consider these key questions around costs:

- What is included in the rent?
- What are the extra fees for services?
- Is there a security deposit or community fee?
- Does the assisted living residence participate in Medicaid?
- Will the fees increase and how much notice will be given to the resident?
- What is the pricing model? All inclusive, a la carte or point system, tiered with bundled services, buy-in/co-op?



Important Factors to Consider in Choosing Senior Living Options

What are the costs?

The cost of what you pay is dependent upon location, square footage, services, and amenities

Industry Average Rent Ranges in the Twin Cities

Independent Living - \$2,500 - \$4,000

Assisted Living - \$3,300 - \$8,750

Memory Care - \$2,900 – 9,315

Care Services

Levels of care vary depending upon the individual's needs and the services chosen



Senior Living Industry Resources

- Minnesota Senior Linkage Line: <https://mn.gov/senior-linkage-line/>
- MN Department of Human Services and MN Board on Aging Assisted Living Report Card: <https://alreportcard.dhs.mn.gov/>
- National Center to Reframe Aging: <https://www.reframingaging.org/>
- MN Board on Aging: <https://mn.gov/ooltc/about-us/minnesotaboardonaging/>
- HelpGuide.org: <https://www.helpguide.org/articles/senior-housing/independent-living-for-seniors.htm>
- Minnesota Help.Info: <https://www.minnesotahelp.info/>