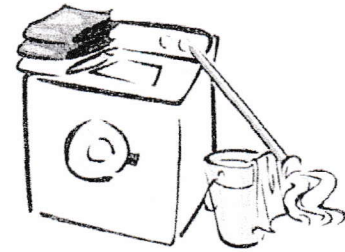


# WHAT IS RESIDENTIAL CARE?

*A Caring Place For Seniors Live & It's Not A Nursing Home*

Residential Care is a broadly used term for long-term care that offers housing, personal assistance and support services. The major goals of this sector of senior care includes autonomy, individual functioning and the maintaining of personal dignity. In short, residential care provides the help that is needed and as much independence as possible, along with a family or home-like atmosphere.

This care model is designed to help both the seniors and their family members. Many seniors in residential care see themselves as being in charge of their own "more social" lives, while feeling less like a burden to their family. Many family members feel the can now meet and enjoy other commitments (children, work, etc.), while still having an active role in the lives of their senior loved ones, and making sure they receive the assistance and personal care that they need.



*Residential care providers help seniors with the IADL's. This can include the cleaning of their personal residence and doing their laundry.*

## COMMON CHARACTERISTICS

Residential Care homes, facilities and communities strive to create a look that appeals to their seniors while developing an atmosphere that makes them feel right at home. Here are some of the things these care providers do to accomplish these goals.

- ◆ Design (or modify) the facility to have a warm residential or neighborhood atmosphere, instead of cold institutional feel.
- ◆ Provide as much privacy as a senior desires (and safety permits) while encouraging social involvement.
- ◆ Promote independence and choice, while aiding with adjustments to interdependence.
- ◆ Offer services and amenities that seniors and their families need and/or desire.
- ◆ Emphasize health maintenance, physical movement and mental stimulation.
- ◆ Support and encourage family participation

## ADL'S & MORE

Many seniors choose residential care because they need help with one or more of the basic actions that get them through the day - the *Activities of Daily Living* (ADL's). These include:

- ◆ Eating healthy meals and snacks
- ◆ Managing medication administration
- ◆ Dressing and grooming.
- ◆ Bathing and maintaining personal hygiene.
- ◆ Social stimulation and security

In addition, residential care provides help with the *Instrumental Activities of Daily Living* (IADL's). These tasks help a person live more independently and can include shopping and communicating with family members and doctors.



Bristol Manor

[www.bristol-manor.com](http://www.bristol-manor.com)

The Essex

[www.theessex.net](http://www.theessex.net)

Ashbury  
HEIGHTS

[www.ashburyheights.com](http://www.ashburyheights.com)