



TRANSITIONS & AGING IN PLACE

To discuss transition options, contact your Health & Wellness Navigator at:

Name: Jacqueline Pitcher

Phone: 484-288-2673

You play the biggest role in decision-making regarding your living status and health care. Your goals become our goals. YOU make your own choices. We are here to help guide and educate you about the resources available to help support independence and well-being and to offer recommendations.

If living in independent living becomes a struggle, we will support you and your family to understand all your options.

We help you:

- Determine personal goals and assist in achieving those wishes.
- Be aware of all the resources available to you.
- Balance risks vs. benefits of decisions made.
- Develop a trial-and-error approach starting with the least invasive intervention to maximize your wellness and quality of life.

PHILOSOPHY OF HEALTH CARE

LCS and the Peak communities believe that each resident is entitled to live his/her life with maximum dignity, independence, and quality, and to be highly involved in their own health care decisions. Health care is defined to focus on not only the physical, but also emotional, psychological, and spiritual well-being.

We want each resident to be able to live their life at the optimum level of care and highest level of independence and dignity possible, while also being focused on regulatory compliance, safety, personal financial circumstances, and the wellbeing of the resident.

When independent living becomes a struggle, the Health & Wellness Navigation Team will work with the resident and family to identify options such as transitioning to a higher level of

care as well as utilizing aging in place strategies. The Navigation Team will discuss the pros and cons of each option so the resident and family can make an informed decision.

Sometimes a resident might be facing a short term, or “acute” situation where additional supportive services could be brought in on a temporary basis. This could include home health, temporary stays in healthcare, and/or private duty. The goal is to support the resident during recuperation so they can eventually resume their previous lifestyle and independence.

Other times, the resident might be facing chronic, or long-term, needs which would require a more permanent solution. In this situation, the Health & Wellness Navigation Team will strategize with the resident and the family to consider their options, **encouraging the resident to remain at the lowest level of care that fosters their best quality of life.**

Innovative Home Services is a strategy that can be utilized as a way to have skilled nursing, personal care, and companion services while remaining in the independent living environment. These services are provided at the resident’s cost and can be personalized to meet the resident’s specific needs.

All 24-hour case requests for Innovative Home Services must be subject to an updated financial qualification review to assure that the resident is not spending down their assets to remain at the current level of care, putting them at risk of hardship discount and having to be subsidized by other residents in the fee structure. This financial qualification review should be conducted by the Director of Financial Services and Executive Director within 1 business day of IHS services starting and must be approved by the Life Plan Peak Director of Operations Management.

Innovative Home Services may initiate services pending financial review in circumstances where care needs are urgent. If the resident is found to be unqualified to financially continue, 24-hour services will remain in place at the resident’s cost until the resident is able to move into the first available unit in the higher level of care that supports their needs.

Circumstances where relocation to a higher level of care may be required:

- You no longer meet the requirements outlined in the residency agreement.
- You develop a physical or mental condition that endangers your health, safety, or well-being or that of another person, or causes an unreasonable and ongoing disturbance at the Independent Living Apartments.
- You must be transferred to allow for more efficient care or to protect your own health or the health of other residents.
- You require care that cannot be lawfully provided in your apartment, or care that our employees or outside providers, including private duty services, are unable to or do not routinely provide.

What typically is not compatible with Independent Living (unless a caregiver is in place):

- Agitation, combativeness, aggression, danger to self or others
- Pattern of wandering outside or high elopement risk
- Pattern of being unable to manage incontinence independently
- Routinely needing assistance for transfers or mobility

This is not a comprehensive list. Every person's needs and challenges are considered on an individual basis from a multi-disciplinary approach.

AGING IN PLACE RESOURCES

CAREGIVERS AND PERSONAL ASSISTANTS

These private pay services are not covered under Medicare/Medical Insurance. Some long-term care insurance plans will provide coverage. Check with your provider.

- Help with shower safety and bathing, dressing and grooming
- Medication reminders and assistance
- Assist to fitness center, activity rooms, bistro, dining room, salon
- Assist with events both on and off campus
- Accompany to physician appointments and medical procedures
- Make beds and change linen on beds, do laundry and/or ironing, prepare meals
- Shop: groceries, pharmacy, clothing, post office, bank
- Assist with letter writing and reading due to visual or cognitive challenges
- Transportation / travel companion, Assistance with exercise program, companionship
- Outings to malls, movies, and restaurants in the outside community

CAREGIVER AGENCIES

Private duty support can help you stay in independent living safely and successfully.

Option #1: Innovative Home Services: 484-288-2591

Option #2: Visiting Angels 610-280-3540

Option #3: Amada Senior Care 484-653-6420

HOME HEALTH AGENCIES

Home Health for Skilled Nursing and Therapy to help you learn supportive strategies to improve your independence and functionality

Option #1: Bayada Home Health Services 484-875-0200

Option #2: Brandywine River Valley Home Health 484-365-2091

Option #3: Continuous Home Care 610-853-6798

OTHER RESOURCES

- Additional Housekeeping services
- Grocery delivery services
- Medication programs and services
- Emergency alert systems
- Tech devices such as *Alexa* and *Echo*
- Meal delivery

HIGHER LEVELS OF CARE ON CAMPUS

ASSISTED LIVING

Assisted living is a lively and secure community that provides:

- 24 Hour nursing support
- 24 Hour resident assistant support
- 3 meals every day
- Private apartment with living area, bedroom, and bathroom
- Call system
- Dedicated activity staff and programming
- Medication management
- Cozy, home environment
- Memory care and support
- And more!

The assisted living team will meet with you for an assessment prior to a move to verify that you meet the criteria to move to assisted living due to their regulations. Some care needs are not able to be provided by assisted living. No specialized diets can be accommodated including pureed diets. The resident needs to be able to assist with transfers and mobility – two person assists and Hoyer lifts not able to be accommodated.

We recommend that you tour to get a good perspective on the assisted living lifestyle. This can be done even before you are considering a transition.

Call to arrange a tour. Name and phone:

HEALTH CENTER

Our health center combines high-quality nursing care with a friendly, homelike environment where everyone is treated like family. Our open and inviting community offers rooms where staff members can easily respond to everyone's wants and needs. Our warm and friendly atmosphere features a wide variety of social, recreational, and cultural activities to help promote socializing and friendship. In addition, all residents enjoy delicious, restaurant-style meals.

We recommend that you tour to get a good perspective on the lifestyle. This can be done even before you are considering a transition.

Call to arrange a tour. Name and phone:

RESPITE STAYS

A Respite (otherwise known as a “temporary”) stay can be initiated for the following situations:

- A permanent transition is planned soon, but permanent room is not ready for move-in.
- A resident wants to try assisted living or the health center before committing to a permanent move
- A resident is being discharged from the health center and due to medical conditions or rehab progress, he/she is not safe to return immediately to independent living. A resident being discharged from a hospital admission or emergency room visit cannot go directly to assisted living respite.
- A caregiver needs to leave suddenly for emergency reasons (i.e.: admission to hospital) and the spouse needs a higher level of care for the duration of the caregiver’s absence.
- The resident has an acute medical condition that needs immediate assessment, intervention, and/or monitoring by professional, licensed staff. In most cases, a respite stay in the health center will be appropriate but on occasion an assisted living respite can be arranged after assessments have been completed to verify appropriate level of care and pending availability of a respite room.
- A resident is undergoing outpatient surgery and needs additional support after the procedure.

Before considering a respite stay, reach out to the Navigator to have your respite allowance confirmed. If you do not have any available respite days, you can still do a respite stay by paying the daily rate.

Respite stays in Assisted Living are based on room availability. Confirmation of appropriate level of care is performed by the Assisted Living and/or Health Center staff prior to admission.

TRANSITION STEPS

1. Contact the Navigator to discuss your concerns and your options on campus.
2. Schedule a tour of assisted living / the health center.
3. Contact the finance department to review your contract and confirm financial responsibilities.
4. Consider your options. Weigh the pros and cons of each option. Think about which option seems most desirable at this time. Ask family for input if desired.
5. Let us know what you have decided.

If you have decided that a move to assisted living or the health center is the right decision for you, congratulations! Notify the Navigator or the admissions team so we can get started on helping you move to your new home.

If you have decided to wait, take notes so in the future you can refer to what you learned during this process. Even if a transition isn’t the right decision for you at this moment, don’t hesitate to reach out in the future if your needs or desires change.

FAMILY SUPPORT

We look forward to working with each of our residents and family members in helping everyone feel comfortable with plans and support with these challenging decisions.

Please be aware that your Power of Attorney for Healthcare does not become active until the resident is officially deemed incompetent. If a family member is concerned about the competency of a resident to make appropriate decisions, we recommend that you have a conversation with his/her primary care physician for guidance about getting a competency evaluation done.

Family is brought into discussion only if the resident gives permission. We have a form that the resident completes to give the Navigator permission to talk to family about care needs related to the resident. If we don't have that form, we are still happy to talk to family members about concerns, but will provide information in a more general, non-specific manner.

TIPS FOR A SMOOTH TRANSITION

As your loved one's memory or physical health declines, a transition to assisted living or the health center can be a wonderful opportunity to get the care and attention that is needed. To ease the transition for your loved one and for you, here are some helpful tips. Remember, everyone handles transitions differently, and you will need to use the tips that best fit your loved one's personality and needs.

PREPARING FOR THE MOVE

The decision for how to address the move is purely dependent on you feel your loved one would respond best. Simple explanations are ideal. Be matter of fact and positive. Listen, empathize and validate feelings.

Get help from the team. Ask your loved one's physician for help in explaining the reason for the move. Set up an appointment with a counsellor who can support not only your loved one but also you during the stress of the move. Consider attending a support group. Ask the staff for supportive services and resources.

If your loved one struggles with memory loss, it might be best not to announce the move in advance. Avoid anticipation anxiety by waiting until it is close to the date to inform him or tell him at the very moment of the move. By not giving him too much advance notice, you will promote a calmer state of mind for the transition.

FACILITATING A SMOOTH TRANSITION

Don't overwhelm your loved one in logistics and details for the move.

Don't take too many items. People typically need less than they think.

Make several visits to assisted living or the health center prior to move-in day. Accompany your loved one to events and meals there. These fun activities can increase warm familiarity with the community.

Prior to the move, give the staff information about your loved one. Provide details about background, special needs, health history, preferences hobbies, likes and dislikes, and favorite past times.

On the day of the move, try to follow your loved one's usual routine as closely as possible. Try to align moving time with your loved one's best time of the day.

Make their new home feel like their old home. Bring pictures and photo albums. Play familiar music. Try to arrange items in a way that reminds your loved one of his prior home. Create a reminiscence board full of photos of important people and events in your loved one's life. Label each photo since it can provide conversation starters for staff when they are first getting to know your loved one.

Be prepared to be present during the first few days of the move. Some residents benefit from regular visits from family and friends to ease the transition. Talk to the staff to discern the visiting schedule that is specific for your loved one's own needs.

Give your loved one time to adjust without you – to get involved in programs and make some friends. Let him get used to his new home at his own pace.

Wait until your loved one is adjusted before taking him out of the community. You may feel the urge to take him "home" or "out for a drive" but it is better to get into a routine and feel settled before you do that.

EMOTIONAL CHALLENGES

Expect setbacks. These moments are heart wrenching but knowing that they are normal and that they will pass can help you through them.

Don't be ashamed. Many caregivers feel guilty about transitions. But remember that moving a loved one to an assisted living or memory care is not a worst-case scenario. For many it is the best-case scenario.

Be understanding. If your loved one suffers from memory loss, he might bring up the same concerns or fears over and over. Let him voice his concerns and be understanding in your replies. A nice thing to say is "I can see why you are worried about that. We'll figure it out".

During the transition, your loved one may appear depressed, anxious, hostile, or withdrawn. This may make you question the decision for the move. But these behaviors can be ways to express uncertainty or fear. Your loved one may just need you to listen and offer support and comfort.

Provide lots of reassurance. Never dismiss a negative comment or attempt to reason it away. Be patient with your loved one. Be patient with the care team. Be patient with yourself. This is new for everyone.

Recognize that the transition will be challenging. Be prepared for bad days. Try to be patient and point out the positive aspects of his new lifestyle.

Remember, it will get easier. Your loved one will get used to the new community and will thrive there. Remember, you are helping to give your loved one the care and lifestyle he deserves.

Information from [50 Tips on Transitioning a Loved One to Memory, Dementia, or Alzheimer's Care](https://blog.caregiverhomes.com) 2/2018 Angela Stringfellow, <https://blog.caregiverhomes.com>



**Freedom Village
at Brandywine**

INDEPENDENT LIVING HEALTHCARE COMMUNICATION CONSENT FORM
FREEDOM VILLAGE BRANDYWINE

Resident Name: _____

☐ Yes. I give consent for the Health and Wellness Navigator to discuss specifics of my personal health status and well-being with the following individuals:

NAME	RELATIONSHIP

☐ No. I do not give consent for the Health and Wellness Navigator to discuss specifics of my personal health status and well-being with the following individuals:

NAME	RELATIONSHIP

☐ No. I do not give consent for the Health and Wellness Navigator to discuss specifics of my personal health status and well-being with any individuals.

I understand that in emergency situations, those individuals whom I have identified as my emergency contacts and/or Power of Attorney for Healthcare will likely be notified.

I understand that it is my responsibility to update or revise this form if my consent changes.

Signature: _____ Date: _____