

A Guide to Assisted Living, Memory Care, and Medical Care for Seniors

Caring for elderly parents can be physically and emotionally draining. Due to the much level of dependency from their parent, some factors need to be considered in deciding where the elder should live and how they should be looked after. **Serenity of Commerce** knows these challenges and is ready to walk you through the options provided. This blog will highlight assisted living versus memory care versus senior medical care, which is necessary so that the readers are able to make better choices.

Assisted Living:

Ideal for older adults who would like to live independently, but need help with basic activities such as bathing, dressing, and taking medications. They are also called assisted living single-person occupancies that offer certain services such as housekeeping, meals and social gatherings in assisted living communities.

Key Features:

- **Independent apartments:** Individuals do not miss the privacy of their apartments with the provision of support on the premises.
- **Daily living assistance:** Assistance is available with showering or bathing and putting on clothes as well as taking medication and any combination of these and other needs.
- **Social activities and events:** These are meant to promote interactions and reduce feelings of isolation.
- **Safety and security:** Staff members are on-site and available to protect the health and safety of all residents.

Memory Care:

Frequently referred to as Alzheimer's care, and appropriately so for people with moderate or advanced dementia, Memory Care is for older people that have memory conditions such as senile dementia or Alzheimer's disease and require special attention and a safe place. Memory care communities prioritize safety, with features designed to minimize confusion and wandering. Activities are designed to engage residents and encourage cognitive activity and utilization.

Key Features:

- **A secure environment:** Perimeter fencing and confined doors form a safe fortress.
- **Specialized staff:** Trained to handle and deal with dementia behavioral aspects
- **Well-defined schedule:** Gives predictability and security to the residents.

- **Cognitive stimulation activities:** Help in recollecting and thinking.

Medical Care:

Aims at providing medical care to the elderly with serious medical needs as well as professional nursing care which is more sanitary in nature than supportive. Such facilities have resident medical staff and therefore are appropriate for short term rehabilitation or long term care.

Key Features:

- **Skilled nursing care:** Registered nurses, and licensed practical nurses are responsible to deliver health care.
- **Physical, occupational, and speech therapy:** Provided for the purposes of recovery and rehabilitation.
- **24/7 medical supervision:** offers medical care non stop access.

Finding the Right Fit:

Selecting the best option is influenced by the individuality of the patient's condition and abilities. Some such resources are helpful:

- **National Institute on Aging:** <https://www.nia.nih.gov/>
- **The Alzheimer's Association:** <https://www.alz.org/>
- **Local senior living communities:** Book an appointment to go round and know what they have.

Serenity of Commerce Cares:

Senior care decisions can be complicated. Let us help you explore your alternatives and find the best option for your loved one. You may also view our senior care facilities directory or call us for assistance.

Don't forget, this is not a journey you must go through by yourself.