



## FEATURE ARTICLE FROM ALWAYS BEST CARE

### **Navigating the Selection of Assisted Living Communities**

by Shonda Boudet

Assisted living fills a gap between home care and nursing homes. Years ago, before assisted living, a person needing professional care went to a nursing home even though the care didn't always merit the intensive supervision and control of a nursing home. The fairly new alternative of assisted living provides a more homelike environment for people needing or anticipating help with activities of daily living or incidental activities of daily living but for which 24-hour nursing care is not a necessity.

Instead of the hospital environment of a nursing home, newer assisted living facilities look more like apartment buildings with private rooms or suites. Instead of a nurses' desk, there is a help desk. And instead of a hospital-like lounge area and sterile cafeteria, assisted living has gathering areas with couches, fireplaces, gardens, atriums, etc. Central dining areas look more like banquet rooms and often offer entertainment during or after mealtimes. Meaningful activities and chats with neighbors in pleasant surroundings also keep residents active and stimulated. Frequent outings are often planned. Transportation may be available for residents who no longer drive.

Many assisted living facilities allow home care agencies to come in and offer services for residents. Some assisted living facilities specialize in the care of Alzheimer's patients. An Alzheimer's patient typically does not require a lot of medical attention but often requires close supervision. Alzheimer's facilities have locked entrance doors to prevent residents from wandering.

If you are you searching for the right Assisted Living or Independent Community and wondering what is available, how much will it cost, or where to start looking, many companies offer information on senior housing options. One such company, Always Best Care Senior Services, also offers a *free* placement program that helps families with this process – their Care Coordinators meet with families to guide them through the selection of an Assisted Living Community, discuss individual care needs, work to stay within the family budget, ensure the selection of a community provides the right level of care, and even escort families to tour selected communities that meet their criteria.

To find out more information about the selection of an Assisted Living Community for you or your love one, please contact a senior home care company such as Always Best Care.

*Shonda Boudet is the owner of Always Best Care Greater Baton Rouge Area. Through its network of more than 140 independently owned and operated franchises, Always Best Care Senior Services provides non-medical in-home care, assisted living placement and skilled home health care for seniors across the country. Visit Always Best Care Senior Services at [www.alwaysbestcare.com](http://www.alwaysbestcare.com).*



**Always Best Care Senior Services**

Always Best Care Senior Services ([www.alwaysbestcare.com/](http://www.alwaysbestcare.com/)) is based on the belief that having the right people for the right level of care means peace of mind for the client and family. Always Best Care Senior Services has assisted over 25,000 seniors, representing a wide range of illnesses and personal needs. This has established the company as one of the premier providers of in-home care, assisted living placement assistance, and skilled home health care.

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