

# Is Assisted Living the right option for our family?

## Why Choose Assisted Living?

Assisted living offers a less expensive alternative to home health care and is a great solution for people who do not require the full services of a nursing home. Seniors can live at ease and enjoy a safe, clean and friendly environment that these facilities have to offer.

## Why Choose Assisted Living Over a Nursing Home?

Assisted living allows seniors to still enjoy an independent lifestyle with assistance to meet their personal needs. This lifestyle is ideal for seniors who could use care and assistance but not constant supervision. The comforting, homelike setting is a pleasant alternative to institutionalized nursing homes. Unlike most nursing homes, assisted living offers a personal living space and care when it is needed. Assisted living homes are less expensive than nursing homes. Many assisted living facilities are about one-third the cost of a typical nursing home.

## Why Choose Assisted Living Over Living at Home?

Assisted living is a welcome alternative to the dangers and solitude of living alone. Seniors in assisted living can maintain an active lifestyle while those close to them get the peace of mind, knowing that a caring, well-trained staff is available should their loved one need assistance. Living alone is often more expensive than assisted living. Assisted living allows seniors to cut down on the expense and hassle of owning and maintaining a home. The cost of assisted living covers not only what one would spend on a mortgage or rental payment each month, it includes what one would pay on all basic living expenses. Assisted living offers a wide range of social and recreational activities so that residents can enjoy every day to the fullest. From arts and crafts to cultural activities, there's something for everyone.

## Why Choose McPeak's?

McPeak's Assisted Living has a reputation for excellent care and accommodations and is devoted to the health, welfare and comfort of all of our residents. When comparing all average monthly living expenses at home with McPeak's base price of \$2,700 a month, assisted living is the more financially responsible option. Residents at McPeak's live in a comfortable homelike setting in a former mansion where they will receive only the best care. Seniors can live at ease in the safe and clean environment of our residence.



**McPeak's Assisted Living**

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# The Benefits of Assisted Living

## Safety

Living alone leaves seniors at risk for a multitude of safety concerns. These include falling, not taking medications correctly, poor eating habits and questionable driving ability. Mental and emotional health is also affected by living in solitude. Seniors living alone may stop participating in leisure activities, become forgetful of responsibilities and appointments and become socially isolated. Often, this puts seniors at risk of being taken advantage of by others. Assisted living provides daily assistance and supervision to ensure the safety and well-being of senior citizens. Many seniors feel extremely vulnerable living alone at their age, which concerns their loved ones. Making the decision to enter your loved one in assisted living will help ensure their safety. These facilities have a qualified staff to keep an eye on seniors and be there for them in case of an accident. Assistance is only a call away in case of any kind of emergency.

## Diet/Exercise/Nutrition

Eating a good meal is a comforting experience and sharing it with others is a part of our culture. Nutritious meals are prepared throughout the day in assisted living communities, eliminating the need for grocery shopping and cooking. Imagine not having to worry about groceries, making sure food doesn't spoil and keeping track of proper nutrition. Being properly hydrated and well-nourished with a healthy diet is crucial, especially as one ages. Not only do we savor our food, but we enjoy the ambiance of sharing an enjoyable meal with the people we love. Dining areas are perfect for having that pleasant heart-to-heart with a friend over brunch. These communities also offer a variety of extracurricular activities to keep residents active and healthy. Exercise is important at any age and keeping active in one's golden years helps to restore that youthful feeling.



## Medical care

Unlike in a nursing home, supervision isn't constant or overbearing. The assisted living staff will work towards meeting an individual's specific needs. Some residents may need more daily assistance than others and are given special attention. Every person is unique and so their individual needs are determined upon entering assisted living. From washing to monitoring a resident's medication schedule, the staff will help with all of your loved one's healthcare needs. As you get older, doctor's appointments become more and more frequent. Imagine not having to stress over scheduling doctor's visits and worrying about transportation. Most assisted living communities coordinate doctor's visits and supervise outpatient care for residents. This service makes routine checkups fast and easy.

## Social interaction and activities

Besides medical care, assisted living facilities provide venues for socialization and entertainment, which is often just as important. There are common areas for residents to mingle and a wide array of extracurricular activities to maintain an active lifestyle. Arts and crafts, movie showings, group outings and exercise classes are among the types of activities you can expect to find in an assisted living community. Residents have a voice in deciding which recreational activities they would like to be involved in and outside of the community to ensure that there's something for everyone. Family relationships and health are the most important things to have in order to be happy and fulfilled. Many residents join assisted living communities for the friendship and social activity that they provide. Being able to enjoy your days with people you care about is proven to improve happiness and quality of life.

## Community

The typical assisted living experience gives seniors a sense of belonging and community. Without having to worry about food, medicine regimens and household chores, seniors now have time to relax and focus on their own happiness. Entering an assisted living community can really feel like a weight being lifted off you and your loved one's shoulders.

## Comparing The Costs

Amenities/Services/ Expenses	Monthly Costs at Home (Average)	McPeak's Base Price
Mortgage or Rent	\$1,650	\$2,700
Property Tax	\$345	N/A
Property Insurance	\$50	N/A
Food	\$325	Included
Electric	\$93	Included
Cable	\$60	Included
Phone	\$40	Included
Heat (natural gas)	\$51	Included
Housekeeping	\$50	Included
Daily Aide Visitations	\$1,600	Included
Personal Care	\$50	Included
Lawn Maintenance	\$120	Included
Home Maintenance	\$150	Included
Social/Entertainment	\$0	Included
<b>Total</b>	<b>\$4,584</b>	<b>\$2,700</b>

See website for further details: [www.mcpeaks.com](http://www.mcpeaks.com)

