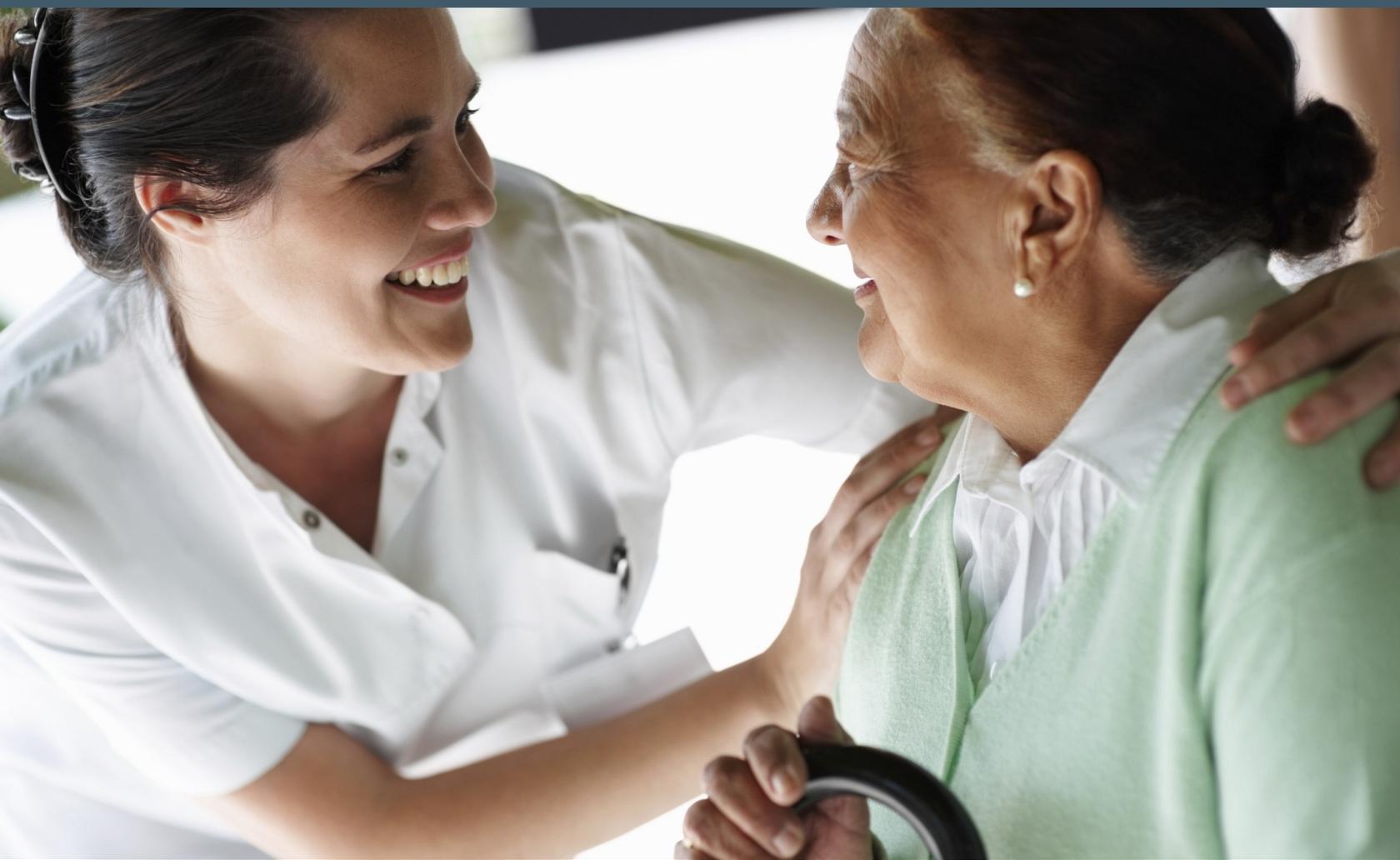


THE LUTHERAN HOME  
ASSOCIATION



# MAKING THE MOVE.

## YOUR GUIDE TO ASSISTED LIVING

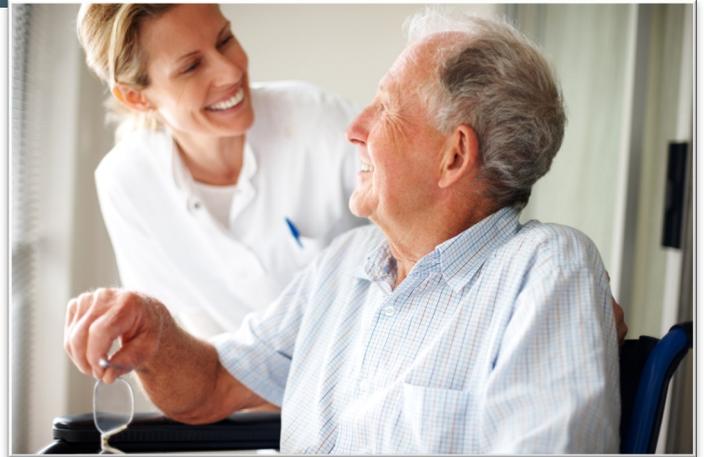
**The Lutheran Home Association**

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# WHAT IS ASSISTED LIVING?

Assisted living care communities provide residents the independence they value with the level of care they need. Assisted living is often part of a continuum of long term care services that provides a combination of housing, personal care services and health care designed to respond to individuals who need assistance with normal daily activities in a way that promotes maximum independence.



## AMENITIES & SERVICES *Amenities and services vary by location.*

- 24/7/365 onsite staff
- Healthy dining options
- Planned activities and events
- Chaplaincy services
- Medication management
- Housekeeping
- Transportation services
- Rehabilitative therapy services

## HEALTH AND SAFETY MONITORING TECHNOLOGY

Assisted living communities often offer health and safety monitoring technology as part of our personalized services. The innovative technology uses wireless sensors that discretely monitor daily activities to ensure residents' safety while respecting their privacy. Cameras or microphones are never used. Wearable emergency call pendants are also available.

## AN ACTIVE & FULFILLING SOCIAL LIFE

Assisted living communities provide a variety of recreational and spiritual activities, along with exercise and wellness programs for all residents. The activity calendar features numerous indoor and outdoor activities from gardening to yoga to community events and more. Activities allows residents to stay active and create friendships with their neighbors.



*For more information on assisted living communities, be sure to visit community websites and social media sites.*

# IS ASSISTED LIVING RIGHT FOR ME?

The following statements describe an ideal resident for assisted living:

- I am still able to live alone if I can receive advanced care and assistance.
- I need assistance or supervision with walking and transferring.
- I need support, supervision, intervention or redirection related to making decisions.
- I need some reminders to take my medications. I rely on assistance to order and set up my medications.

***\* This is designed to be a guide, level of care should be determined by medical professional.***

## QUESTIONS TO ASK WHEN TOURING ASSISTED COMMUNITIES

- Does the care community offer special care units such as those serving people with memory loss? Is a contract available that details fees, services, and admission and discharge policies?
- What sorts of activities are available for residents?
- Is there a written care plan for each resident? What role does the resident have in developing the care plan?
- What dining options are available for residents? Can meals be delivered to resident apartments?
- Are additional services available on the same campus if a resident's needs change?
- Can residents choose their own doctors, therapists, or pharmacies?
- What sorts of health and safety monitors are available? Is there an extra fee associated with this technology?



## SPIRITUAL CARE

Most assisted living communities welcome people of all faiths. The Lutheran Home Association care communities offer a Christ-centered environment.

All residents, regardless of their religious affiliation, are invited to participate in chaplaincy services. An ordained pastor visits regularly and provides Bible classes, devotions and one-on-one spiritual counseling, if desired.

*Always take photos and notes when touring care communities. It can be helpful when comparing communities after seeing multiple communities and making decisions.*



## BENEFITS OF ASSISTED LIVING

There are several advantages to consider when finding a home for you or a loved one in an assisted living community. The ideal care community supports overall health and wellness.

Keep these benefits in mind when researching care communities:

- Safety and peace of mind.
- Increased activity.
- Assistance with daily living activities.
- Better nutrition.
- Reduced stress.

Assisted living enables individuals to enjoy social contact, security and support while still maintaining their independence.

“ I love it here. They are so good to me, things couldn't be any better. I love church more since I moved here. Pastor is so wonderful at explaining things. ”

- A resident in TLHA assisted living care community

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