

Contemplating a Move to Assisted Living During COVID-19

Sage Meadow Assisted Living and Memory Care communities continue to follow state and national guidelines and welcome new residents while minimizing potential health risks for all those involved in the move.

The following chart will help you examine the pros and cons of moving to senior living during a pandemic. While each individual and family must make the choice that is right for them, for some, the advantages of living in an assisted living community outweigh the reasons to postpone a move, even during these challenging times.

PROS of Moving

CONS of Moving

Mitigating Risk

Assisted living limits the risks of coronavirus that are inherent to living on one's own or living with family members (who may not be able to isolate due to professional and other circumstances).

Assisted living communities follow strict state and national regulations to help minimize potential health risks for residents.

Assisted living offers daily health monitoring and ongoing coronavirus testing for residents and staff.

Assisted living communities screen any visitors who are allowed to enter the community.

Assisted living communities offer enhanced cleaning and disinfecting procedures for common areas and private residences.

There may be concern that a loved one could contract the coronavirus at an assisted living community.

Visiting with Family and Socialization

Pending state guidelines, which vary depending on current, local conditions, assisted living communities facilitate in-person and/or virtual visits with residents and family members while following special procedures and precautions.

After a brief quarantining period, assisted living communities offer residents ongoing social opportunities with neighbors and staff while following state and national guidelines.

Creative programming alternatives that meet state and national guidelines help keep residents mentally engaged and physically active.

When the pandemic is over, residents will already be settled in a supportive community and well positioned to enjoy the full range of benefits that assisted living offers.

Short-term visitor restrictions that are put in place to help prevent the spread of coronavirus may limit in-person visiting at times.

Testing and quarantining for a period upon move-in may make the transition and settling in more challenging.

PROS of Moving

CONS of Moving

Support Services

If a loved one needs care or becomes ill while living in the community, family members *are able to rely* on staff to deliver care and keep them updated.

Assisted living offers:

- Help with daily activities of living, such as bathing and dressing
- Assistance with medication management, laundry and housekeeping
- Nutritious meals and snacks (eliminating the need to risk exposure grocery shopping)
- 24-hour a day access to a care team
- Urgent medical attention, if needed

If a loved one needs care or becomes ill while living in assisted living, family members *must rely* on staff to deliver care and keep them updated.

Core assisted living services are not readily available.



While considering a move to assisted living in these uncertain times, keep in mind that if one's needs would be best met in assisted living, ***remaining in an environment that does not fully support those needs comes with its own inherent health risks.***

Of course, during a pandemic, there are risks with every option, however, for many seniors, assisted living is a viable option, and in some circumstances, the best choice.

Making the Choice That's **RIGHT FOR YOU**

In general, older adults who encounter the following circumstances even in these uncertain times, are good candidates for assisted living:

- Seniors who need regular assistance with the activities of daily living such as eating, bathing and dressing.
- Seniors who live alone and have a medical condition that may require urgent attention.
- Seniors who have memory impairment.
- Seniors living with any family members who are unable to consistently social distance or isolate.
- Seniors who live with any family member who travels frequently.



REST ASSURED

I am here to guide you and your family during one of life's biggest and most challenging decisions. If I can be of help, please do not hesitate to call.

Call Dawn Thiede at (608) 843-4386.



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