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# THE BENEFITS OF A RESPITE STAY

## *at a Senior Living Residences Community*

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### Our Short Term Stay & Holistic Respite Care Program

A Short-Term Stay at a Senior Living Residences community may be a good solution for a situation your loved one is facing right now. Your schedule and your needs will dictate how long your loved one stays with us. Maybe you want a long weekend away or your loved one needs a two-month recovery after a hospitalization. **Our unique "no minimum stay" policy is flexible so we can be accommodating for your schedule.**

#### Top Reasons Families Chose a Respite or Short-Term Stay at a Senior Living Residences Community

**When a family caregiver needs a break** – Families turn to us during vacations, business travel, when they winter in Florida and can't be close by, or when caregivers simply need a rest. Having a break is especially important if your loved one has memory loss. Just a short break from the everyday stresses of caregiving can make a world of difference, helping you recharge and return with renewed energy. If your loved one has dementia, he or she will be well cared for in one of our Compass Memory Support Neighborhoods® which provides a calm, secure environment and immersion in our innovative programming which actually treats the symptoms of memory loss.

**When someone isn't quite ready to go home after a hospitalization or rehab stay** - Often reimbursement constraints dictate when seniors are discharged - even when families and professionals feel they would benefit from further assistance and a secure environment with 24-hour awake staff. Seniors with increased disorientation and confusion as a result of a hospital stay, and those with memory loss, need even more support before returning home.

#### What is included:

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Experience all the benefits that our residents do:

- The highest quality service based on a customized Wellness Care Plan
- A furnished apartment with a 24-hour emergency response system.
- Medication reminders & personal care assistance with dressing, bathing, and more
- Responsive 24-hour awake staff and overnight safety checks, as needed
- 3 meals/ day served restaurant-style or with tray service if you are not feeling well
- Housekeeping and laundry services
- Access to all of our amenities & social, educational and wellness activities
- Access to all of our Compass Memory Support treatment programming, as needed

#### Enhanced services following a hospitalization or rehab stay

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A Senior Living Residences community may be the perfect next step to receive the necessary care before returning home. We offer a holistic approach to subacute rehabilitation - personal care, socialization, medication management and follow-up rehab services. We can coordinate:

- Wellness oversight & coordination of follow up care, including outstanding tests, discharge notes and post discharge physician visits
- Improved patient education on diagnoses
- In-house therapy & skilled care paid by Medicare
- Complex cases with VNA services, such as oxygen and postsurgical wound care
- Medication reconciliation and comprehensive medication management
- Personal care services and immediate response to "unscheduled" needs

**When someone wants to "test" the experience of a new home at a Senior Living Residences Community** - If your loved one is hesitant, unsure whether assisted living in general or a Senior Living Residences community in particular is the right fit, feel free to have a trial run before making a commitment to moving here. Seniors like this "no strings attached" option and, most often, they settle in, make new friends, love the food and programs, and don't want to leave!