



LIONS GATE

Lifestyle. Care. Community. Tradition.

Tips To Understand Levels of Care

When long-term care needs arise, there are many choices for seniors to consider that are not one-size-fits-all, according to an article on Medicare's website about [long-term care choices](#). It is important to consider each care option and get as much information as possible about them.

Levels of Care Explained

- 1. Independent Living.** Seniors who live in an Independent Living community enjoy an active lifestyle without the worries of home ownership. These seniors enjoy multiple programs, activities and events while never having to worry about housekeeping, home maintenance or cooking meals every day. Plus, some Independent Living communities offer higher levels of care on the same campus, should health needs change. Seniors in Independent Living have total freedom without needing much care, if any at all.
- 2. Home Care.** If seniors only need limited care but have the ability to remain in their homes, Home Care is an option. Seniors who take advantage of Home Care often receive help with activities such as laundry, shopping and cooking. For those who need more care but are still able to stay at home, home healthcare agencies may be able to help with nursing needs and medication management.
- 3. Assisted Living.** When seniors can no longer live at home or if living at home is not what they would like to continue doing, there are Assisted Living communities. These communities provide seniors with some help with the activities of daily life while still allowing seniors with freedom to do what they please while providing multiple programs and activities which they are encouraged to take part in. In Assisted Living, seniors may need help with activities such as bathing or dressing and some may need medication management services, but otherwise, they live independently. When considering Assisted Living, be sure to ask what care is included and what types of care cost extra, as each community differs.
- 4. Memory Care Assisted Living.** For seniors who need memory care because of Alzheimer's disease or other another form of dementia, there are Memory Care Assisted Living facilities. These are often specially designed to provide those with memory impairments the freedom and security to live in a safe environment filled with programs and activities tailored to their needs and interests. Those in Memory Care need more support than those in Assisted Living, but still enjoy the benefits that those in Assisted Living do.
- 5. Continuing Care Retirement Communities.** For seniors who prefer to not move to multiple communities with each change in their level of care, there are Continuing Care Retirement Communities, such as Lions Gate, who provide services in one place.

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According to the article on Medicare's website, within Continuing Care Retirement Communities, there might be individual homes or apartments for seniors who are independent, an assisted living facility for seniors who need help with the activities of daily living but are otherwise independent and a skilled nursing facility for those who require more care than those in assisted living. With each level of care that changes, seniors are able to stay within the Continuing Care Retirement Community that they are used to, which can help to make the change less stressful.

For more information regarding levels of care and senior living choices visit the US Department of Health and Human Services' website for [Long-Term Care](#).

Experience Lifestyle, Care, Community and Tradition at Lions Gate.

Lions Gate, located in Voorhees, NJ, offers a continuum of lifestyle and care options rooted in Jewish traditions and values. Whether you are in need of [Independent Living](#), [Assisted Living](#), [Memory Care](#), [Skilled Nursing](#) or [Rehabilitation Services](#), Lions Gate has you covered.

Our mission at Lions Gate is to enrich the lives of those we serve through quality and compassionate care consistent with our heritage and values. We strive to provide [programs and services](#) that inspire wellness as well as social, cultural and spiritual independence.

To learn more about Lions Gate's Unparalleled Lifestyle and Community Services, [contact us](#) today!

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