

Navigating Senior Living & Care Options



After over 130 years in the senior living and care industry, we understand how difficult it can be to distinguish between all of the options available for you or your loved one's senior living and care. There's no one-size-fits-all solution, and it is our hope this guide can help to alleviate confusion so confident decisions can be made leading up to and during the senior living journey.

Determining needs.

Assess how you or your loved one functions at home: take note of which activities may cause difficulties and which can be done independently, and look for any areas of concern.

[This short assessment at hollandhome.org/senior-living-assessment](https://hollandhome.org/senior-living-assessment) can help you dive deeper to determine if it is the right time for senior living.

Our continuum of care.

Our continuum of care brings Independent Living, Assisted Living, Rehabilitation, and Skilled Nursing services to one campus so residents can move through the different levels of care as their needs change, regardless if they outlive their financial resources.



Independent Living

Ideal for: Aging adults who can still live independently with little to no assistance but are looking for a vibrant community and maintenance-free lifestyle. While additional care isn't included, residents can access at-home services through our partner home care agency, Atrio Home Care, including:

- Help with daily tasks such as cooking and cleaning
- Recovery from stroke, surgery, or illness



Assisted Living

Ideal for: Aging adults who want to remain as independent as possible in a home-like setting but need some help with everyday tasks and personal care. They may be experiencing:

- Mobility Issues
- Health Issues
- Medication Issues
- Feelings of Isolation
- Nutritional Concerns

Skilled Nursing

Ideal for: Aging adults who require around-the-clock personal and medical care due to a higher level of medical care needs, including:

- Mobility issues requiring two or more people to assist
- Assistance with the act of eating (need to be fed their meal)
- Medical complexity requiring 24-hour nursing care

Areas of Care Comparison

Best for:	Independent Living	Assisted Living	Skilled Nursing
Maintenance-free lifestyle	✓	✓	✓
Vibrant Living programming	✓	✓	✓
A warm community	✓	✓	✓
24/7 medical & personal care			✓
Assistance & care as needed		✓	
Covered by Medicare/Medicaid			✓
Access to Continuum of Care	✓	✓	✓
Dining (Meal plan not required)	✓	✓	✓