



Preparing for Assisted Living

A planning guide for aging adults and their loved ones.



Holland Home™

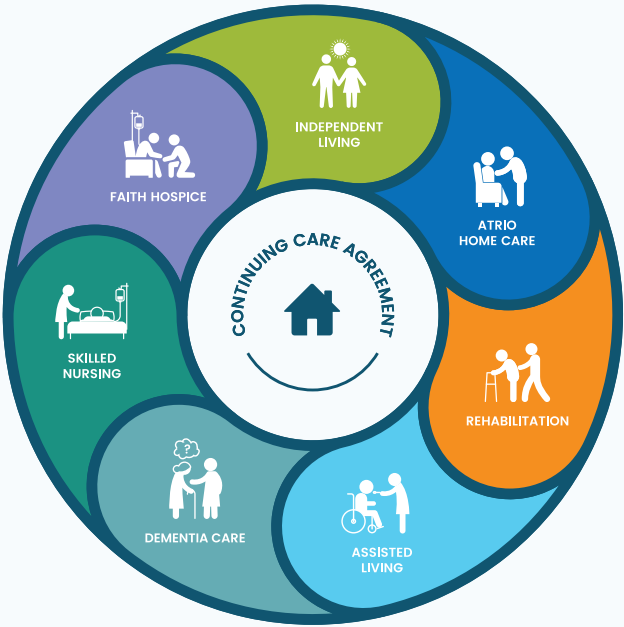


Navigating the Journey to Senior Living

As a senior living community founded over 130 years ago, we are well aware of the challenges and difficulties that come with aging. The purpose of this guide is to provide clarity, answer common questions, and help families feel supported and prepared through these times of transition. Holland Home is fully committed to providing compassionate, person-centered, and Christ-like care to those we are blessed to have as a part of our community. We are always here to answer questions, offer support, and provide guidance as you and your loved ones navigate this journey.

Our Continuum of Care

Holland Home is a Continuing Care Retirement Community (CCRC) offering a full continuum of care for aging adults. Residents can transition through the levels of care as their needs evolve, and our Lifecare Promise ensures that they will always have a place to call home and the care they need for life.



Our Continuing Care Agreement ensures that all residents are guaranteed continuing care for the remainder of their lives, even if they outlive their financial resources.*

**Subject to terms of the Holland Home Continuing Care Agreement and Disclosure Statement*

What is Assisted Living?

Assisted Living is for aging adults who want to remain as independent as possible in a home-like setting, but need some help with everyday tasks or personal care such as bathing and dressing. The amount of care is catered to each individual's needs, and residents still have the freedom to enjoy the abundance of Vibrant Living experiences available to them. The goal is to enhance the quality of life by offering support in areas where an aging adult might be struggling, while providing the opportunities that being part of a supportive, social, and safe community brings.

Assisted Living is ideal for individuals with:



Mobility Issues

Including frequent falls or difficulty moving around



Feelings of Isolation

Feeling isolated, with little social interaction, and with a lack of transportation



Health Issues

Beginning to experience some health or memory issues



Nutritional Concerns

Inability or lack of desire to cook



Medication Issues

Not remembering to take medications or taking them incorrectly



What does a typical day look like?

Morning

When residents wake up in the morning, they can enjoy a communal breakfast. We offer assistance if they need help with a part of their morning routine, like dressing.



Afternoon

After breakfast, we usually offer two to three activities, which our Life Enrichment staff will invite residents to. After lunch, residents have the option of taking part in various vibrant living activities, events, and/or programs.

Evening

Throughout the day, various staff will have touch points with the residents, ensuring that they're safe, and providing opportunities for connection.



There is, however, plenty of flexibility within Assisted Living. It's not rigid, and nothing is required for residents. Their time is their time. They can partake in the events planned or relax in their own spaces. It is up to each resident.



Signs it May be Time for Assisted Living

Moving into an Assisted Living community is rarely a decision made overnight. For many families, the signs appear gradually. Recognizing them early can ensure that your loved one receives the right support while maintaining dignity, safety, and quality of life.

Common Signs to Watch For

- ☐ **Difficulty with Activities of Daily Living (ADLs)**
Trouble with bathing, dressing, or grooming.
Skipping meals or relying only on convenience foods.
Difficulty managing personal hygiene or laundry.
- ☐ **Medication Management Challenges**
Forgetting to take medications or taking them incorrectly.
Confusion about prescriptions and dosages.
- ☐ **Safety Concerns**
Frequent falls, near-falls, or balance issues.
Leaving the stove or appliances on by accident.
Wandering or disorientation in familiar settings.
- ☐ **Declining Health or Mobility**
Worsening chronic conditions (e.g., diabetes, arthritis).
Difficulty walking or using stairs.
Noticeable weight loss or gain.
- ☐ **Social Isolation & Emotional Well-Being**
Spending long stretches of time alone.
Withdrawing from activities they once enjoyed.
Signs of depression or loneliness.
- ☐ **Caregiver Strain**
Family caregivers feel overwhelmed, exhausted, or unable to provide enough support.
Increasing reliance on emergency help or neighbors.

Real-Life Examples

Do any of these scenarios sound familiar?



Safety Concerns

Mary's daughter noticed she had started leaving the oven on after making tea. Once, she found a scorched pan on the stove. While nothing serious happened, it raised concerns about her mother's safety when living alone.



Skipped Meals & Nutrition

Alice always loved cooking, but lately, her fridge has spoiled food, and she's been eating mostly canned soup. She sometimes forgets to eat altogether, leading to weight loss.



Social Isolation

Ellen used to be very active in her church, but since her arthritis worsened, she rarely leaves the house. Her friends notice she sounds lonely and sad on the phone.



Caregiver Strain

David's son has been helping with medications and weekly errands, but recently, he's had to stop by every day. He feels anxious when he can't check on his dad, which has started to affect his own health and work.

Remember, the goal of assisted living is to help individuals maintain their independence while receiving the right level of support. Care can be tailored to each person's needs, so one does not need to check all of the boxes to benefit from our assisted living services. If you checked even one box above, assisted living could be the right fit.



Having the Conversation

No one likes to think about getting older, much less talk about the challenges they are experiencing as they age. But, having these conversations proactively can help tremendously—and it's never too early to start. The sooner you start, the more casual—and hopefully, less stressful—these conversations can be. If you start asking your loved ones about their goals, wants, and wishes earlier on, you're more likely to avoid a crisis when care is needed and there is no plan in place. Here are some tips to help:

Prepare Talking Points

As you make observations about your loved ones, write them down. These notes can be concerns you have, comments they've made, or other conversations you've had. It's also important to consider your loved one's goals, wants, and wishes for the remainder of their life. This will help lead the discussion and also give your loved one reasons that resonate. For example, "Dad, you said you wanted to stay active as you age. This senior living community has a gym and fitness classes. I think you'd really enjoy that."



Don't Be On the Attack

It's important to remember not to be on the attack, and calmly approach them. For example, "Mom, I see you have been struggling to keep the house clean. Wouldn't it be nice not to have to worry about maintaining a home anymore?" (As opposed to, "Mom, you need help. You can't do this on your own.") Your loved one doesn't want to feel like they are losing control of making their own decisions. Listen with your full attention, give them time to reflect, and ask questions about how they feel.



Consult With Others

Bringing in other family members, physicians, financial advisors, lawyers, or religious leaders can help you have a well-rounded discussion. By incorporating different viewpoints, you can present more benefits to your loved one and help them see the bigger picture. There are also social workers who can help facilitate these conversations if it's becoming too difficult.



Evaluating Your Options

The Greater Grand Rapids area has one of the highest concentrations of Continuing Care Retirement Communities (CCRCs) in the country, making it challenging to evaluate your options for yourself or a loved one. If you’re considering assisted living, here are some questions you should ask (and our answers) as you dive deeper into your search.

The Organization

Is it a nonprofit? Is it for profit?

Holland Home is a faith-based nonprofit committed to those we serve in our community.

Who has ownership?

Holland Home is locally owned and operated, and it has been in the Grand Rapids area since 1892. Our leadership and staff are a part of our community, and they see their work as giving back and caring for friends and neighbors.

Life as a Resident

Are there activities offered?

Yes. We utilize our Vibrant Living model for activities in all parts of our continuum of care to help meet a person’s emotional, social, physical, spiritual, and intellectual components of wellness.

Do you offer private rooms?

Yes! Our assisted living residences are modern and meant to be made your own. You bring your own furniture to make your space feel like home, and we’ll prep the room before you move in (painting walls, replacing carpeting, deep cleaning, etc.).

Care Services

Do you employ nurses in your assisted living/dementia care?

Yes. Even though the state does not require it for assisted living, we have several Licensed Practical Nurses (LPNs) on staff who are unit managers in assisted living and memory care assisted living.

What are your caregiver ratios?

Caregiver ratios will vary depending on whether the assisted living is regular or memory care, and also depending on the shift (there are more caregivers during the 1st shift, for example). When we talk about ratios, we mean caregiver ratios in addition to the unit manager — not those in support roles such as facilities or dining.

	 Morning	 Evening	 Night
DeVos Assisted Living	1:10	1:10	1:30
Cook Dementia Care	1:7	1:8	1:12
Mol Dementia Care	1:6	1:6	1:11

2025 Ratios

Are there different levels of care within assisted living?

Yes. Prior to admission, each incoming resident will undergo an evaluation to determine their level of care, based on the assistance they require with their Activities of Daily Living (ADLs) and any necessary medical and behavioral interventions.

Do you have in-house physicians?

We have two Trinity Health-affiliated physicians assigned to our campuses. They spend time each week seeing the residents on their patient caseload.

Even though the state does not require it, we have nurses on staff 24/7 in all Assisted Living and Demetia care units.

How is Assisted Living paid for?

There is a common misconception that Assisted Living costs are covered by Medicare or Medicaid. The truth is that Assisted Living is primarily private pay. Residents pay a \$5,000 entrance fee (+\$100 previously paid application fee) and must show they have the financial means to cover 36 months' cost of care for the level at which they enter. If, down the road, they can no longer afford care, our Lifecare Promise guarantees that they will always have a home and the care they need.

Holland Home's Assisted Living operates on a monthly fee, which covers:



HOUSING



MEALS



PERSONAL CARE



SOCIAL ACTIVITIES AND WELLNESS



UTILITIES



HOUSEKEEPING



MAINTENANCE

Monthly fees vary depending on the level of care and services needed.



Starting the Process

Once you and your loved one have made the decision that Holland Home's assisted living is the right fit, here's how you can get started with making the transition:

- 1

Schedule a tour or meeting with our Assisted Living sales team via phone, email, or website inquiry.
- 2

Fill out an application—there may be a waiting list.
- 3

Once a space opens up, we ask that you have a physical within 90 days of your move-in date.
- 4

Submit financial information to determine if the person has the resources to meet our criteria for admission.
- 5

A nurse manager from our team will meet with the prospective resident to determine their level of care.
- 6

Our Continuing Care Agreement (CCA) is signed, and we work to coordinate a move-in date.



Practical Considerations & Resources

As your loved one prepares to make the move to assisted living, there are logistical steps that everyone should consider.

Downsizing

While downsizing is a necessary part of the process, it can be emotionally—and sometimes physically—challenging. However, downsizing does provide opportunity. It can provide a chance to reminisce, bond, and hear more of your loved one’s life stories.

Advanced Care Planning

This involves having the conversation with your loved one regarding their wants and wishes about their care, should they no longer be able to speak for themselves. Ensuring that all legal documents (Will, Advance Care Directive, Power of Attorney, etc.) and other important paperwork are in order will provide peace of mind to both you and your loved one.

Transition Planning

Navigating our nation’s healthcare system can be complex and difficult, but you don’t have to do it alone. Holland Home’s Social Services Team guides residents and their loved ones through evolving lifestyle changes and care needs with:

Personalized Transition Planning:

Our team helps assess care needs and determine when it’s time to move to the next level of care.

Resource Coordination:

Residents have access to on-campus therapy, rehabilitation, and wellness programs designed to enhance their well-being.

Advocacy & Support:

We ensure clear communication among residents, families, and healthcare providers.

Continuity of Care:

As a Continuing Care Retirement Community (CCRC), Holland Home provides a full continuum of care, ensuring that residents have access to higher levels of support if their needs change over time, even if they outlive their financial resources.

We have numerous resources available to help you gain a better understanding of senior living, from blogs to webinars, brochures, and podcasts. Visit hollandhome.org/resources to learn more.

What to Expect After Moving In

With any big move, it’s normal for there to be a period of transition. Our warm and welcoming community is here to ensure that we are being supportive and encouraging, while allowing each new resident the space and time to find their feet. Residents are welcome to take advantage of our numerous Vibrant Living activities from day one, helping them meet people and stay socially, spiritually, physically, and emotionally engaged as they move through this transition.

As a loved one, you may have mixed emotions as well, and you may be asking:

What does communication from Holland Home look like?

Nurse managers will reach out to families with updates or changes in condition, and families are always welcome to ask how their loved ones are doing.

When/How often can loved ones visit?

Loved ones may visit anytime—we have no posted visiting hours; however, overnight visits are discouraged unless there is a critical medical event or a need for psychological support.

It is our hope that you will quickly feel an increased sense of peace of mind, knowing your loved one is in a safe, secure, and caring environment.



“

I think I actually feel safer here than if my mother were living with us or someplace else. They have a whole team that checks on her. I just don’t have to worry.

**Jim B.,
Son of Assisted Living Resident**

The Holland Home Difference



NONPROFIT



**LOCALLY OWNED
& MANAGED**



**CHRIST-CENTERED
ORGANIZATION**



**CONTINUUM
OF CARE**

If you’re interested in learning more about or scheduling a tour of Holland Home’s Assisted Living Communities, please give us a call at 616-643-2730.



Holland Home™

A Division of Trillium Living

hollandhome.org

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