

# FINDING THE RIGHT CARE FOR YOUR PARENT

 **Assisted Living**

 **Skilled Nursing Care**

 **Memory Care**

 **Respite Care**



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# WHERE DO I START?

Has your parent recently experienced a hospitalization, injury or illness? Are you concerned about him or her returning home to live alone safely?

Or, have you been noticing changes in your parent or parents when you visit? Have they been struggling with day-to-day tasks? Are they no longer eating as healthy as they should be? Are you confident they are taking needed medication as prescribed? Are you having to stop by and call more often to ensure their health and safety?

If any of these seem familiar, it may be time to find assistance for your parent(s). It's not uncommon to feel overwhelmed or unsure on what to do. For many adult children, they first need help understanding the options and levels of care available. Once you have the resources needed, it's much easier to make a decision that provides mom and dad the type of assistance they need to continue living a healthy and happy life.

That is why we developed this resource as a guide to help you uncover the needs of your parent(s) and understand the levels of care available. If you have any questions, please feel free to reach out to one of our social services professionals at Mennonite Home Communities of Ohio. [419.358.1015](tel:419.358.1015)



# WORKSHEET: WHAT TYPE OF CARE DOES MY PARENT NEED?

Answer these questions to help uncover whether your parent is a better fit for assisted living or skilled nursing care.

	Yes/No
Do you worry for your parent's health when they're home alone for extended periods?	
Does your parent need regular assistance with daily living activities (such as cooking, bathing or cleaning), but not 24/7 assistance?	
Is your parent struggling getting up or sitting down but is still mobile?	
Is there a noticeable lack of upkeep around your parent's home?	
Is your parent's home unsafe for them (stairs, etc.) or too much to maintain?	
Is your parent no longer driving or leaving the house to socialize as often?	

If you answered yes to a majority of these questions, look into assisted living options for your parent. Turn to page 6 for more information.

# WORKSHEET: WHAT TYPE OF CARE DOES MY PARENT NEED?

(CONTINUED)

	Yes/No
Do you need to check in with your parent every day?	
Have you noticed any weight loss or changes in your parent's health and wellness?	
Have you noticed a decline in your parent's physical appearance?	
Are you or another person having to manage your parent's medication?	
Is your parent requiring more medical attention throughout the day?	
Does your parent need specialized care and/or therapy on a regular basis?	
Has your parent's mobility declined significantly?	
Has your parent suffered from frequent falls or injuries?	

If you answered yes to a majority of these questions, look further into skilled nursing care for your parent. Turn to page 8 for more information.

*\*Mennonite Home Communities of Ohio also recommends a professional assessment prior to a decision on any care or living option.*

# WHAT IS ASSISTED LIVING?

Assisted living provides care to seniors who are no longer able to live safely alone at home but do not require 24/7 care. Often, older adults move into an assisted living community after they experience a hospitalization, illness or medical condition that no longer allows them to feel safe living home alone on a daily basis. Many others move before an incident to help ensure they have the care, assistance and accommodations they need to maintain an active, healthy and safe lifestyle.

At Mennonite Home Communities of Ohio, our assisted living communities offer a variety of spacious studio and 1-bedroom apartments along with many additional services and amenities. Assisted living residents maintain independence and privacy while gaining daily living assistance as needed.



## MHCO ASSISTED LIVING SERVICES

- ◆ Apartments furnished and decorated with your own belongings to personalize your new home.
- ◆ Three nutritiously balanced meals a day included.
- ◆ Personal care including bathing and dressing assistance, if needed.
- ◆ Maintenance of apartment and appliances included.
- ◆ Weekly laundering of bed linens, towels and personal items included.
- ◆ Apartment cleaning included.
- ◆ Wellness services and 24-hour staff support.
- ◆ Emergency call systems in all apartments.
- ◆ Medication assistance available.
- ◆ Life enrichment programs and social activities throughout the week.
- ◆ Scheduled transportation available.
- ◆ Specialized memory care apartments and programming available.
- ◆ Priority admission to our skilled nursing and rehab center, if the need arises.



# WHAT IS SKILLED NURSING CARE?

For parents who are no longer able to live independently at home and need around-the-clock assistance available and professional skilled care, long-term care provides a safe and interactive environment. Long-term skilled nursing care is suited for seniors who need assistance with day-to-day tasks such as grooming, bathing, dressing, medication management and more.

At Mennonite Home Communities of Ohio, we provide supervised and compassionate skilled nursing care 24/7. Your parents can enjoy private or semi-private rooms, along with a variety of services and activities to choose from.



## MHCO SKILLED NURSING CARE SERVICES

- ◆ 24/7 skilled nursing care available.
- ◆ Three full meals provided daily with a variety of snacks available.
- ◆ Physical, Occupational and Speech therapies available, if needed.
- ◆ Acute care and restorative therapy available.
- ◆ Chaplain and social services professionals on staff.
- ◆ House cleaning, chore and laundry services available.
- ◆ Fitness programs and scenic outdoor walking paths.
- ◆ Community events and activities.
- ◆ Year-round spiritual, social, cultural, educational and recreational opportunities.



# WHAT TO EXPECT IN MEMORY CARE?

As you're evaluating your parent's physical health, it's also important to note any changes in cognitive behavior such as a memory loss or confusion. Even if your parent is not experiencing these signs at this time, take this into consideration for future care needs.

Look for a community that offers specialized memory care assistance within its assisted living or skilled nursing services. These environments are secure and specially designed by experts to provide comfort and assistance to those with Alzheimer's or other memory-related issues. Also, older adults with dementia often remain independent longer when they have the specialized care they need.

At Mennonite Home Communities of Ohio, we offer a variety of specialized memory care programs and accommodations in assisted living and nursing home care to allow residents to find that comfortable, relaxed and engaging environment they need. Residents receive individualized care plans based on what they need to cultivate physical, mental and spiritual health.



## MHCO MEMORY CARE SERVICES

- ◆ Specialized assisted living memory care apartments.
- ◆ Private and semi-private memory care rooms in long-term care.
- ◆ Staff specially trained in Alzheimer's and dementia care.
- ◆ Individualized care plans based on specific need.
- ◆ Delicious, well-rounded, wholesome meals.
- ◆ Transportation available.
- ◆ On-site chaplain and social services professionals.
- ◆ On-site laundry.
- ◆ Individual and group activities, including special events and outings.



# MY PARENTS SAID 'NO,' NOW WHAT?

It's not unusual that your parent may be hesitant to the idea of moving out of his or her home and into a new home within a retirement community. Use these tips to help encourage your parent that this may be the best move to ensure his or her health, safety and happiness.

## **Stop In for a Meal**

Visit the community or communities you are interested in and stay for a meal. At Mennonite Home Communities of Ohio, we encourage families to bring their parent in for a tour and to share a meal with our staff and other residents. We've found this to be an easy way for your parent to meet new friends and see what day-to-day life is like.

## **Take a Tour**

We encourage you to come tour our community with your parent as many times as you would like. We can arrange for you to see the accommodations, services and activities you are most interested in. Experiencing what life would be like can help ease worries and make a smoother transition.

## **Get Help from your Physician**

Sometimes a conversation with a trusted physician can help your parent understand the seriousness of the situation. We can arrange a discussion with your healthcare physician to have a conversation with your parent and make it clear that additional care is necessary and in their best interest.



## Respite Care Service

Consider a short-term stay in respite care. At Mennonite Home Communities of Ohio, our respite care is designed for older adults to stay for as many days or weeks as they need to. This not only provides caregivers a break, but it also allows your parent to experience what a retirement community is like.

## MHCO RESPITE CARE

Respite care can provide the first-hand experience your parent needs to feel comfortable transitioning to a retirement community. When your parent enjoys a respite visit at MHCO, he or she can stay for a few days or weeks, enjoy meals with us and meet new friends. Respite care services are offered at Mennonite Memorial, Hilty Home and Maple Crest.



# HOW TO GET STARTED

## CONTACT MENNONITE HOME COMMUNITIES OF OHIO

The best way to get started is to talk with a professional who understands senior care and advises others like you every day. At Mennonite Home Communities of Ohio, we will gladly help you get started on the path to finding the right fit for your parent's needs.



### **Mennonite Memorial Home**

410 W. Elm St.  
Bluffton, OH 45817  
419.358.1015



### **Maple Crest**

700 Maple Crest Court  
Bluffton, OH 45817  
419.358.1015



### **Willow Ridge**

101 Willow Ridge Drive  
Bluffton, OH 45817  
419.358.1015



### **Hilty Home**

304 Hilty Drive, P.O. Box 359  
Pandora, OH 45877  
419.384.3218

### **Reach Out Online**

Contact Us



### **Mennonite Home Health & Senior Services**

410 W. Elm St.  
Bluffton, OH 45817  
419.358.1015