

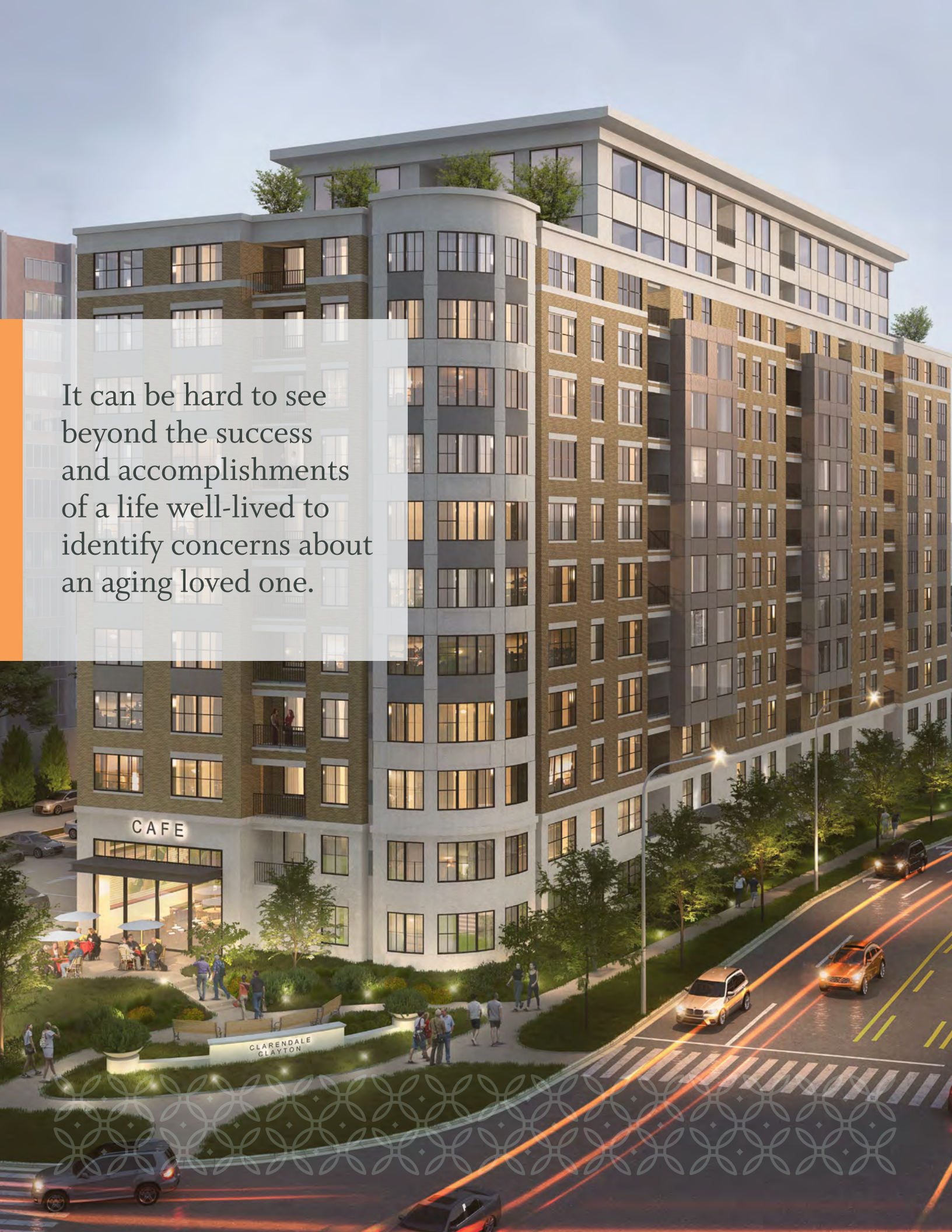


ASSISTED LIVING GUIDE

The Precious Value of Freedom

*Your loved one is accomplished.
Maintaining true independence
deserves dignified support.*

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It can be hard to see beyond the success and accomplishments of a life well-lived to identify concerns about an aging loved one.

At Clarendale Clayton, We're Here to Help.

This guide is designed to assist you with objectively determining when it might be time to consider the respectful assistance only a community as unique as Clarendale Clayton can provide. From recognizing when it might be time for support and ways to start the conversation to finding the right community and making a decision, you'll find smart insights and respectful advice.



Assisted Living Topics Guide

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Priceless Support

Spotting early signals that call for a helping hand can be rewarding for both you and your loved one.



WHEN IT'S TIME

10 signs it might be time for assisted living



DRIVING

Don't ignore near misses, fender benders, new dents or nicks. Request a ride to assess your loved one's current driving skills.

APPEARANCE

Poor grooming or hygiene, like unwashed or uncombed hair and stained clothing, might mean a little assistance is needed.

ACTIVITIES

Watch for loss of interest in favorite pastimes. Giving up things that were once important may be a red flag.

MAINTENANCE

Sloppy housekeeping or a neglected yard may reveal that your loved one isn't faring as well at home alone anymore.

MOODS

Frequent bouts of irritability, moodiness, depression or fatigue are always symptoms worth discussing.

MOBILITY

To avoid the risk of falls and fractures, watch to see if your loved one is more unsteady when walking, has recently fallen or now has difficulty with stairs.

FORGETFULNESS

It's not just a natural part of aging when parents forget important appointments, repeat things constantly or frequently lose their sense of direction.

FOOD

Check the fridge and cupboards. Look for food that's old or spoiled—from past-due expiration dates to moldy leftovers and sour milk.

MEDICATIONS

Be on the lookout for empty or expired medicine bottles, unfilled prescriptions or confusion about proper dosage and medication times.

FINANCES

When unopened mail, unpaid bills and overdue notices sack up, it may raise concerns about how financial matters are being managed.

Quality Discussion

Investing the time in heartfelt communication can lead to greater happiness—for everyone.

CONVERSATION STARTERS

Tips to help you begin the talk

Know Their Options

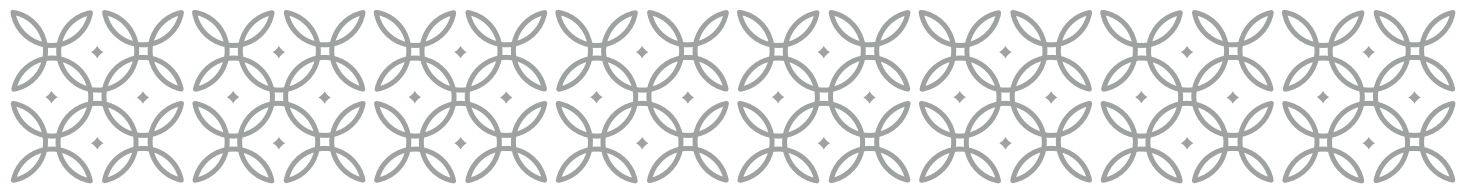
Research assisted living and memory care communities in your area—including costs. Find out if your aging parents have long-term care insurance or if a parent was a wartime Veteran to explore available funding. You need to know what they can afford to have a productive conversation about their wishes and needs.

Start As Soon As You Can

Bring up the topic before an emergency arises and you can discuss the future in a non-threatening way. Sitting at the kitchen table chatting, with no need to make a decision that day, makes the talk much more comfortable.

Acknowledge Their Wishes

If your parents are willing, involve them in community visits. Always present senior housing options with positive language and an upbeat tone, and let them know it's important to you that they make the final decision.



Elegant Choice

Finding the right fit isn't easy, but Clarendale Clayton can help with custom assisted living options.



FINDING THE RIGHT COMMUNITY

Explore these 10 steps with your loved one

1. Do the Research

Senior living communities are typically classified by the lifestyles or levels of care offered. Lifestyle choices range from Independent Living (age-restricted communities for seniors who live independently), Assisted Living (offering assistance with the activities of daily living), Memory Care (offering support for Alzheimer's and other dementias), and Skilled Nursing (offering long-term skilled care by a nurse 24/7 or short-term rehabilitation). Many communities offer a combination of lifestyles.

2. Find Community Reviews

Do your homework and read what others think of the assisted living communities you're looking at. Online reviews can be a good start. Use ratings to narrow down prospective communities or read them after a tour to see if the results match your experience.

3. Evaluate the Budget

In most assisted living communities, services included in the monthly fee are extensive— three meals a day, utilities, emergency response systems, scheduled housekeeping and transportation to name a few. In general, supportive services and care, such as help with bathing, dressing and medication management are assessed and charged by the amount of service required. If your loved one is a surviving Veteran or spouse, VA Aid and Attendance benefits could help pay for care. Long- term care insurance may be applicable too.

4. Schedule a Visit

You can learn a lot online, but there's nothing like visiting communities in person. Most offer personal tours and some offer no-obligation, short-term stay options so seniors can test the lifestyle before making a move.

5. Make Observations

When visiting communities, ask residents if they like living there. Are residents engaged in activities? Ask about community services and amenities, and request a copy of their events and activities calendar. See if floor plans are well-designed and equipped to make life easier.

6. Consider Transportation

Many communities offer scheduled local transportation that practically eliminates the need and expense of maintaining a car—much less the worries and concerns about driving—in good weather or bad.

7. Consider Shopping

Is there a shopping center nearby—or does the community offer transportation and outings to the grocery store, bank, and mall? Great shopping options simply make retirement life more enjoyable.

8. Consider Healthcare

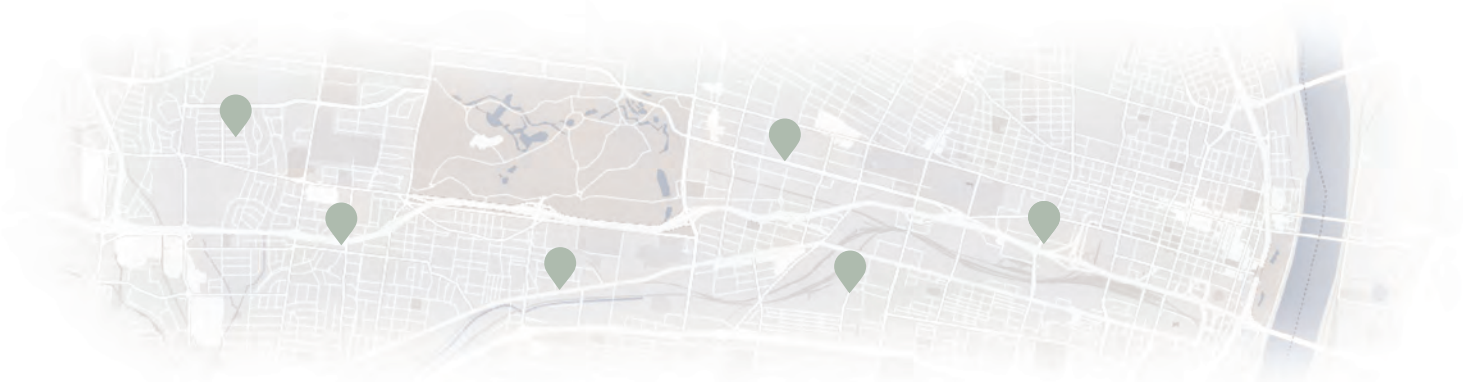
How close is the nearest hospital or medical center? If the senior living option you're considering doesn't include on-site health care options, you'll want to know that medical care is nearby if and when it's needed.

9. Consider Security

One of the key benefits to moving to a senior living community is added security. Ask about it. Many offer 24-hour security for all residents.

10. Make an Informed choice

Choosing a senior living option is easier than you think if you do your research. The residents you come in contact with at senior living communities are very gracious and helpful. They also make great neighbors!



Confident Decision

When you do your research, it's clear all of you will be proud of your exceptional choice.



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MAKING THE DECISION

Must-have features for your loved one

Active Residents

If the assisted living community is full of hustle and bustle, you can bet that your loved one will be swept happily into the stream. Note how the residents greet each other—do they seem familiar? Look for resident artwork, ongoing games and clear signs there are options to be social and active, because an active lifestyle is crucial for good health.



Strong Emergency Response

Independence is important, but so is getting help at the moment it's needed. While on your tour, ask about overnight staffing—is it simply security, or are there medical professionals on site? Look for features such as pendant or cord alarms, which your loved one could easily access and use in case of an emergency.

Resident-Focused Lifestyle

We all have internal rhythms and personal schedules. That doesn't change when a person moves into an assisted living community. If your loved one needs a cup of tea at 1 a.m. to fall asleep, getting one should be possible. If a workout class must be missed due to a doctor's appointment, a later class should be available. This is called resident-centered service, and it shows that the community accommodates its residents, not the other way around. Great communities offer flexible meal schedules, on-demand wellness opportunities, and easy-to-obtain transportation.

Holistic Programming

Look for an activity calendar that comprises the dimensions of wellness: social, emotional, vocational, physical, environmental, spiritual, intellectual and health services. Well-rounded engagement is key to maintaining your loved one's mental and physical health. If all you see is bingo on Wednesday and chapel on Sunday, it's time to tour the next community.

Clear Residency Agreement

Make sure policy and billing details are clear to you. Ask to view the residency or rental agreement. Some simply charge a monthly rental fee to cover the residence, plus a flexible monthly fee to cover the specific support services and care needed to help assisted living residents remain as independent as possible. In addition to rental programs, some communities charge an entry fee that is partially refundable upon death or move-out. Learn about refunds and stipulations of moving in and out.



The unparalleled ambience and amenities of Clarendale Clayton—in the heart of the community your loved one knows and cherishes—is an open invitation to stay engaged and enjoy a sense of belonging and purpose with respect and dignity.

Our assisted living neighborhood is designed for those who still value their independence, but who may benefit from additional security and assistance with the activities of daily living. Carefully customized to meet the unique needs of each person, a full range of dedicated services and amenities provide a comforting balance of positive, self-directed living and caring help when needed.

CONTACT US TODAY
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Independent Living ■ Assisted Living ■ Memory Care

Community

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