



SUNNINGTON

Assisted Living Facility

and Senior Care

Decision Guide

The Sunnington Decision Guide is intended to help you through the process of deciding whether you or a loved one is ready for an assisted living environment. Whether you are preplanning or find yourself in the middle of a life event that is forcing this decision, there are often signs of needing extra help that can ease the burden of making decisions. Perhaps cooking, cleaning, or yard work have become more difficult, or you have given up driving. Do you find simple activities of daily living (ADL's), like dressing, bathing, or grooming, have become more difficult? Are you lonely or depressed? Has a recent fall, a hospitalization, or rehab stay occurred? Is your loved one wandering or experiencing increased anxiety? If you answered yes to any of these questions, then it is likely time to consider assisted living.

Respite

A respite stay is great in two different scenarios. First, you are a caregiver in need of a break. Bring your loved one to Sunnington for a brief 7-10 day "getaway" of their own. Second, you or your loved one wants to give assisted living a "test run." Come stay with us, try out the food, the activities, and the care; then decide for yourself if this is a good fit. A respite stay is designed to be easy; Sunnington provides everything except for your personal belongings.

Assisted Living

Sunnington's Assisted Living option is designed for those who may have reached the point of needing some assistance in order to maintain a relatively independent lifestyle. We have designed our community and services to make you and your family feel secure, 24-hours a day. Sunnington's levels of service have been carefully designed to provide the right services for each resident. This may be as simple as preparing meals, assistance in bathing, dressing or grooming, medication reminders, or transportation to appointments. Whatever the need, we are here to serve you.

Memory Care

Sunnington Senior Care is an assisted living facility that cares exclusively for those with Alzheimer's disease and other memory impairments in a secure environment. Perhaps your loved one exhibits times of wandering, sundowning, anxiety, or increased care needs; each of these are indicators for needing a secure memory care unit.

If you are not sure which option is best for you or your loved one, call or come by to speak with the Community Relations Director; often, answers to a series of questions will help make the determination. In addition, an assessment is completed and physician's documentation obtained; all of this information contributes to Sunnington's recommendation on which community is best suited for your situation.

Once you know that assisted living is a solution, how do you decide which community is right for you? You visit two or three, compare amenities and price, talk with other residents or their family members in the community, and ultimately, make a decision on where you or your loved one can call home.

Tools to help you with this process

- Check out our *frequently asked questions* for answers to the most commonly asked questions
- *Compare for yourself* is a checklist designed to help you to compare two facilities side-by-side with Sunnington.
- *Compare the Costs* is an easy to use form designed to help you compare the cost of assisted living to the cost of staying in your home. Once you compare these costs you will be amazed at how affordable assisted living can be.