

## Long Term Care Facilities in Armstrong

Long Term Care Facilities in Armstrong - The majority of retirement facilities are traditionally either nursing, independent living or assisted care facilities. These kinds of facilities provide a particular type or level of assistance, but the person must transfer if their needs change beyond the scope of the residence. The term "age in place" stems from the ability for a senior to stay in the same place as they grow older, even if their requirements eventually change. Also referred to as life care communities or CCRCs, continuing care retirement communities, offer people the ability to stay in the same community throughout changes in both personal assistance and medical needs. Continuing care retirement communities have equipment, the right facilities and staff to offer assistance to a wide variety of serious conditions or illnesses, but would not take the place of hospitalization, if the condition of the patient is too serious. Various levels of assistance may be offered in different sections of the continuing care facility, so a move to a different room is sometimes necessary. This particular type of move is usually a lot less stressful because the individual still remains within familiar surroundings and the same community.

The opportunity to "age in place" is just amongst the major benefits of living in a continuing care retirement community. This could be appealing for many reasons, but mostly to reduce stress experienced by people whose needs change as they age. Not only is this less of a burden on the individual, but there is less burden and stress put on loved ones who would otherwise be responsible for making the decision, packing, moving, and helping the senior adjust to all new surroundings. As couples normally have needs that differ from one another, it is usually possible for couples to stay within the same facility, in close proximity to each other. Residents and their families can rest assured that their loved one would be cared for without major interruptions in care.

Amongst the main drawbacks in continuing care facilities is the high level of financial commitment required. Often, there is a huge, up-front cost required as a type of down payment. Like with any other type of care, costs may be unpredictable since it is nearly not possible to predict what requirements would be required later on in life. Sometimes, there is segregation among residents of a home, depending upon their level of assistance, and there might be a stigma attached to people who require more care.

Except for the additional level of flexibility, continuing care retirement communities offer services similar to those in independent or assisted living facilities. Housekeeping and maintenance services are available and are usually incorporated in the base monthly rate and will differ in cost depending on how often the resident wants these tasks done. A specific number of meals are usually included in the base monthly rate as well. Additional charges apply to meals cooked for family and friends, extra meals, or meals which are brought into resident's rooms.

To appeal to more active and younger seniors, continuing care facilities usually boast amenities such as pools, spas, golf, or putting greens, and are near activities such as walking trails, fitness centres and shopping. CCRCs normally provide and arrange proper transportation, but many individuals will keep their cars if they are still able to drive.

A fairly huge payment up front is required in order to reside in a continuing care retirement facility. Normally, as much as 75 percent of this lump sum payment is available as part of the individual's estate or refundable. A main advantage of this initial lump sum payment is that it could include necessary expenses if the resident lives longer than they "planned." The cost of a unit per month would depend on many things such as the amount of care required, number of services utilized, whether it is a couple or individual that stays in the unit and size and location of the unit.