

## Care Homes Armstrong

Care Homes Armstrong - A private and small facility that usually houses as much as 10 individuals is referred to as a care home. People stay in private rooms with either private or shared bathrooms. There are living, dining, and recreation areas that are common for all residents to utilize. Residents are able to live mostly independently, but are offered many assistance like cleaning, medication management, getting dressed, bathing, meal services and laundry. These homes are sometimes called residential care homes, board and care homes, adult care homes or personal care homes. These facilities have somewhat the same concept as assisted living facilities, but on a much smaller scale. Most assisted living facilities or other long term care homes are much bigger facilities that accommodate large numbers of residents. Often there are more medical assistance offered that are offered to residents on-site.

The major benefit of a care home is that these facilities are suitable for individuals who do not require access to medical care regularly and who do not require medical supervision. Both the living costs as well as the stress and burden of maintaining a home is also eliminated or lessened, as maintenance costs are shared amongst all of the residents and the residence and grounds should be taken care of by the home owner. Residents are able to benefit from and develop close relationships with the other residents within the facility and can live mostly on their own. Residents have the opportunity not to feel depressed or lonely that normally occurs during the loss of one's social interactions and aging. Accommodations are usually inviting and cozy. Residents also have the feeling of increased security as opposed to being alone in a house or apartment in addition to the benefit of professional care.

Residents of care homes are typically those individuals who may be noticing a decrease in physical or mental ability but do not require extensive medical care or supervision. Care home residents could live mostly by themselves but might need or benefit from some type of help with simple every day tasks such as doing laundry, preparing meals, getting dressed, and performing basic hygienic tasks. In a care home, you wouldn't find individuals who have debilitating illnesses or conditions that require a medical professional's care. In several homes pets may even be allowed and couples could room together.

The majority of homes are regulated by each province and must be subject to frequent inspections in an effort to acquire and maintain their license to operate. Employee background and certification, cleanliness, meal plan nutrition, facility maintenance and resident health are all things that are under strict regulation to guarantee the health and safety of all of the residents of the home.