

eBROCHURE BY PHOEBE MINISTRIES

# Debunking **5** Myths

ABOUT PERSONAL CARE



 **Phoebe**

Berks

There are lots of assumptions out there about personal care, and it can be hard to discern fact from fiction. Even without the added task of sorting through misinformation and misconceptions, finding the best personal care community for your loved one can be a challenge.

For starters, while some people think personal care puts limitations on residents' activities, that simply isn't the case. As so many residents have already discovered at Phoebe, personal care can provide an opportunity to bring out the best in each person.

Below we debunk some of the most common myths about personal care to help you focus on the facts when choosing the right fit for your loved one.



## Myth #1

**Moving to a personal care community means saying goodbye to your independence.**

**✓ THE TRUTH**

Life at a personal care community such as Phoebe Berks Village Commons Village Gardens is designed to enhance independence. Personal care residents usually require assistance in one or a few areas of their daily lives so that they continue to thrive in areas where they don't need help — and for a longer period of time. The staff is there to ensure that they receive the support they need, while encouraging them to express their independence where they are able.

## Myth #2

**Personal care communities are too expensive.**

**✓ THE TRUTH**

Older adults who plan to stay in their own homes should consider the costs of long-term care, as well as owning and maintaining a home. These costs can add up and in the case of home maintenance, are often unpredictable. On the other hand, there is no entrance fee at the Berks Village Commons and Village Gardens. Daily rates start at \$161 per day and monthly fee starting at \$4,830 covers the costs of three meals per day, utilities, housekeeping, maintenance, entertainment, and more. All of these services are out-of-pocket expenses for people living in their own homes. In most cases, people discover that they spent more living at home than they would have had they moved to a personal care community sooner.



# Myth #3

**Personal care is for people who are sick or unhealthy.**

## ✓ THE TRUTH

Recognizing that an individual may need help with some daily tasks doesn't mean that a person is sick. While some people may see personal care as a last resort, the earlier someone makes a move to a personal care community, the better their quality of life will be. Waiting for a health event could result in the need to move to a higher level of care sooner than if the decision had been made earlier to move to a personal care community.



# Myth #4

**There won't be any opportunities for my loved one to pursue their hobbies in a personal care community.**

## ✓ THE TRUTH

Personal care communities usually have extensive activity programs that offer residents plenty of opportunities to continue engaging in the activities they love, just in a new environment. Pursuing a favorite hobby — be it painting, gardening, or light fitness training — empowers each individual, and the Phoebe team will encourage residents to continue participating in their favorite activities, as well as find avenues for them to do so.



# Myth #5

**My loved one won't have any privacy and will be under constant surveillance in a personal care community.**

## ✓ THE TRUTH

No one should have to compromise their privacy when moving to a personal care community. At Phoebe, we offer individual apartments and companion suites that allow each resident to be in control of his or her privacy. And while, our team is there to ensure the safety of all residents through regular check-ins, you'll never have to worry about them hovering over your loved one in a way that makes them uncomfortable. Should a health event take place, emergency response systems in each apartment let us know when a resident requires immediate attention from the team.





Berks

# Call to Schedule a Tour

**610-927-8559 | [Phoebe.org](https://www.phoebe.org)**

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