

## Independent Living

You are independent and interested in maintaining your wellness through social activities and hobbies.

You may occasionally need or want assistance with the following:

- Housekeeping
- Maintenance
- Meal preparation
- Access to 24-hour help in case of an emergency

Independent living communities can offer additional care services if you need them, and many amenities for social, intellectual, and physical engagement are available to you.

## Personal Care

You are partially independent but need consistent assistance with one or more activities of daily living such as bathing, dressing, and taking medication.

Additionally, personal care provides you:

- Meal preparation
- Housekeeping
- Social activities
- A licensed nurse available 24 hours a day in case of an emergency
- Memory support services for individuals with beginning stages of dementia

## Skilled Nursing

You require around-the-clock access to skilled nursing care and need easy access to doctors or other healthcare services like physical, occupational, or speech therapies.

Additionally, skilled nursing provides you:

- Three meals daily
- Housekeeping
- Long term care
- Beauty/barber services
- Social activities
- Transportation to/from medical appointments
- Memory support neighborhoods