

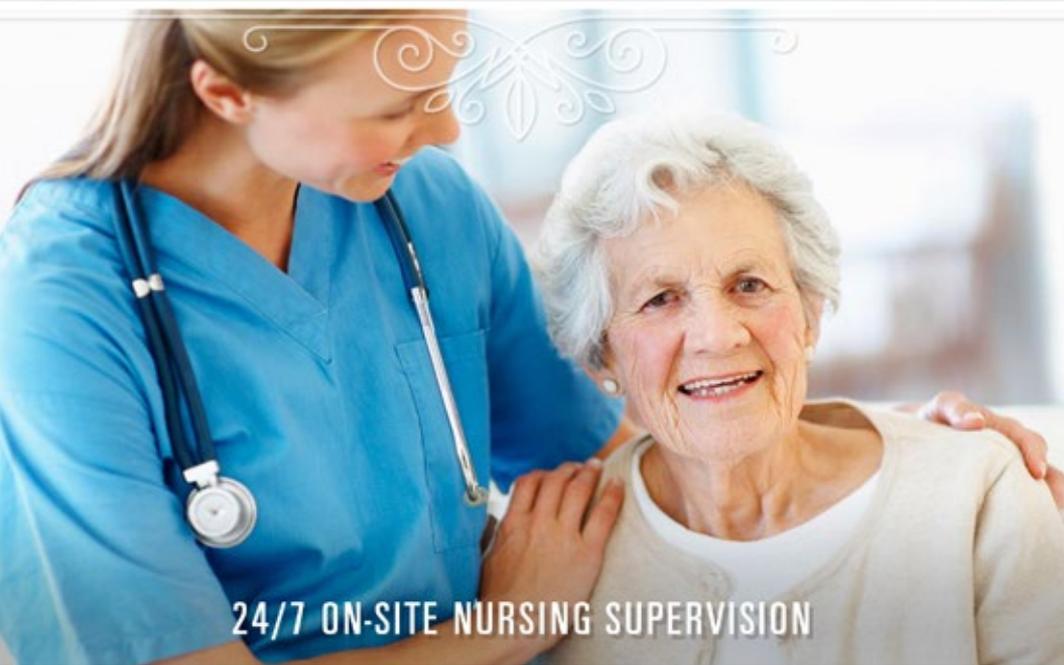
HOW DO I KNOW WHEN IT'S TIME?

A Guide to Help Families Make a Successful Transition to Assisted Living



ROYAL OAK HOUSE

FULLY LICENSED ASSISTED LIVING & MEMORY CARE



24/7 ON-SITE NURSING SUPERVISION

AN EDUCATIONAL RESOURCE, COMPLIMENTS
OF ROYAL OAK HOUSE ASSISTED LIVING

ROYAL OAK HOUSE

FULLY LICENSED
ASSISTED LIVING • MEMORY CARE

Helping seniors stay healthy and maintain their independence in a secure, caring home-like community.

HOW DO I KNOW IF I'M MAKING THE RIGHT DECISION?

The true cost of home care

Making the decision to move a loved one to an assisted living community presents many challenges and emotions for both the elder person and their family.

Many families devote time to caring for a loved one, but many times the cost of caregiving becomes too high. In addition to the financial costs, comes a personal cost. Many caregivers find themselves unable to provide care without suffering from stress and illness themselves.

It's normal to have feelings of guilt.

Caregiving can be extremely rewarding, but it is also hard work, physically and emotionally. As your responsibilities as caregiver increase and your loved one's abilities decrease it is normal to have feelings of guilt. This is one of the biggest challenges that caregivers face. This is completely normal, and it's ok to feel angry.

Reaching out to caregiver support groups who share your circumstances will help to realize that you are not alone. **Taking care of yourself is the best care you can provide to your loved one.** You can find more information about support groups at www.aarp.org/home-family.

When thinking about making a change keep in mind that everyone ages differently. Each person needs to make this decision for themselves, as

the primary caregiver, as well as the needs of their loved one.

It is very common for elderly who live at home, especially if they are alone often, to experience social isolation and depression. They have increased visits to the emergency room and hospital stays.



HOW WILL I KNOW WHEN IT'S TIME?

Considerations to guide your decision

Moving a family member into residential care is never an easy decision. However, there are some signs that you can look for in order to recognize when it's time to make a move into assisted living.

If you are thinking about making this difficult decision, ask yourself these questions:

- Is there a way to keep your loved one safe at home?
- Are they wandering?
- Are they eating nutritious meals?
- Do they have personal freedom?
- Are you suffering from caregiver guilt or stress?
- Is your loved one having trouble with personal hygiene?
- Are there issues with household neglect such as spoiled food, failing to pay bills, overflowing trash?
- What kind of social engagements are they involved in?
- Do they need medical care?
- Do they need medication reminders?
- Are you making frequent visits to the emergency room?
- Would they benefit from regular meals prepared for them daily, social events, and medical oversight?
- Is your loved one showing signs of loneliness or social isolation, such as giving up on hobbies, withdrawing from friends, or rarely leaving the house?
- Would you benefit from a cost comparison? *(See worksheet, page 7)*

If you answered yes to any of these questions, it may be a good time to start looking at your options.

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WHAT ARE YOUR OPTIONS?

Deciding between community living and home care

Unfortunately there is some stigma about senior housing related to the general public's lack of understanding. The best way to overcome misunderstandings or misconceptions about senior housing is to visit some in your area.



The Area Agency on Aging is a nonprofit organization serving older adults in southeast Michigan. They can help seniors and caregivers find the programs and support they need.

Visit www.aaa1b.org or call 1-800-852-7795.

When you visit senior housing communities ask a lot of questions. Talk to other residents and staff. Ask to see a menu and an activity calendar. Do as much as you need to do in order to get a clear picture of the options that are available.

**Deciding is
never easy.**

Deciding between assisted living and home care is never easy. Caregiver guilt and grief are common reactions. Caregivers often wonder if they could do more. Planning ahead, getting informed, and involving the appropriate people in the decision making process is the key to a successful transition.

Knowing a loved one is receiving proper care will help to ease the guilt and stress when it's time to move to an assisted living community like Royal Oak House.

Finding the right assisted living environment for your loved one can help them to flourish and thrive.



The best thing that you can do for yourself, and those that you love, is to take care of yourself, so that you can take care of *them*.



RECOGNIZING CAREGIVER BURNOUT

Roles of the caregiver...*the responsibilities*

- Caregiver to aging person – sometimes 24/7
- Household manager, laundress, chef, housekeeper, shopper, driver, scheduler and more
- Career person with responsibilities outside of the household
- Husband/Wife – stress and exhaustion can put a strain on both partners
- Mother/Father – maintaining quality family time can be a difficult challenge

Balancing the needs of your family, your job, and your loved one can easily lead to caregiver stress and burnout. **Caregiver burnout is a state of physical, emotional and mental exhaustion that may be accompanied by a change in attitude – from positive and caring to negative, depressed or feelings of guilt.** Caregiver burnout interferes with your ability to function and puts you at risk for physical ailments.

Signs you may be experiencing caregiver burnout...*the toll*

- Not sleeping well at night
- Inability to keep up with activities that you enjoy
- Feeling irritable or losing your temper with others
- Feeling sad or depressed
- Difficulty concentrating
- Lack of energy for everyday chores, such as cooking, cleaning
- Feeling overwhelmed



If you think you may be suffering from caregiver burnout, make an appointment to talk with your physician. Find out more about at www.caring.com.

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FROM CAREGIVER TO VISITOR

Reclaiming your relationship

Once your role changes from caregiver back to loved one, the emotional turmoil you have been feeling will disappear. You and your family can be confident in knowing that your loved one is receiving necessary care and services, has

opportunities for building new meaningful friendships, and can enjoy all the beautiful things life has to offer.

Now that your role has changed, you'll be able to:

- Enjoy spending time with your loved one in your role as friend and family member (not as their caregiver)
- Make time for activities that you enjoy
- Spend time with *all* of your loved ones and friends

NEXT STEPS

Royal Oak House can help



If you have any questions about senior housing options please contact us at 248-585-2550 or by email at info@royaloakassistedliving.com.

References: Karen DeLaFlor, RN, Royal Oak House; 2017-ASSRP Senior Services, Inc., Senior Relocation USA, Area Agency on Aging

Royal Oak House Mission

We are committed to providing extraordinary care and services. Families can rest assured knowing that their loved one is safe and well cared for.

We deliver on the promises that we make.

COST COMPARISON WORKSHEET

Assisted living can be an affordable option

Use this worksheet to evaluate the total monthly cost of remaining at home compared with moving to Royal Oak House Assisted Living.

Monthly Expenses	Home Budget	Royal Oak House
Mortgage/Rent	\$ _____	\$ _____
Taxes & Insurance	\$ _____	Included
Maintenance	\$ _____	Included
Gas	\$ _____	Included
Electric	\$ _____	Included
Water	\$ _____	Included
Security System	\$ _____	Included
Cable & Internet	\$ _____	Included
Phone	\$ _____	Included
Trash Removal	\$ _____	Included
Association Fee	\$ _____	Included
Laundry	\$ _____	Included
Medical Alert System	\$ _____	Included
Food	\$ _____	Included
Transportation	\$ _____	Included
Personalized Care	\$ _____	Included
Entertainment	\$ _____	Included
Other	\$ _____	Included
Monthly Total	\$ _____	\$ _____



*“We don’t stop playing because we grow old;
we grow old because we stop playing.”*

– George Bernard Shaw



PROMOTING WELLNESS AND INDEPENDENCE NEAR THE HEART OF DOWNTOWN ROYAL OAK

Royal Oak House Fully Licensed Assisted Living & Memory Care offers all the comforts of home in a safe environment. Residents (and their families) enjoy peace of mind knowing that care and services are available around the clock and that a licensed nurse supervisor is on site 24/7.

Call (248) 585-2550 to schedule a tour and to discuss your housing and care needs.

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