

# The Senior Living Spectrum

Understanding the spectrum of senior living options is essential to finding the best fit for your lifestyle.

	INDEPENDENT LIVING	ASSISTED LIVING	MEMORY CARE	SKILLED NURSING
<b>SUPERVISION AND ASSISTANCE</b>	Is able to live independently with no supervision or assistance necessary. Benefits from community amenities.	Some supervision and assistance required to maximize independence. Benefits from community amenities and staff on-site 24/7.	Unable to live alone and supervision is required. Benefits from supportive assistance and staff on-site 24/7.	Unable to live alone and requires a high level of personal care assistance. May need skilled nursing care. Staff available 24/7.
<b>PERSONAL CARE</b>	Is able to accomplish all activities of daily living without supervision or assistance.	Requires assistance with one or more activities of daily living. May need cues or hands-on assistance. May require assistance with medication and incontinence.	May require verbal cues, direction, and physical assistance for activities of daily living including dressing, medications, and incontinence.	Requires hands-on assistance with several activities of daily living, including medication and incontinence. May require verbal cues and direction.
<b>MOBILITY</b>	Has safe, self-directed mobility and can respond independently in an emergency.	May require assistance getting around or making transfers and may need help responding in an emergency.	May require environmental cues for safe navigation. Requires assistance responding to an emergency.	Assistance required with transfers and mobility. May be bed-bound. Requires assistance responding to an emergency.
<b>LIFESTYLE AMENITIES</b>	Enjoys the convenience of community-provided dining and housekeeping options.	Dining and housekeeping services are beneficial or essential.	Dining and housekeeping services are required for quality of life. Specialized dining program accommodates unique needs of memory care residents.	Dining and housekeeping services are required for quality of life. Specialized diets, modified meals, and hands-on assistance may be required.
<b>SOCIAL ENGAGEMENT</b>	Self-directs social involvement and engagement. May benefit from some social encouragement.	Self-directs social involvement or benefits from encouragement to engage socially. May require assistance getting to activities.	Requires personalized approach to social interaction. May face challenges connecting and understanding social cues.	Requires assistance getting to activities. May require encouragement to engage socially.
<b>DECISION-MAKING</b>	Self-directed lifestyle. Able to make decisions regarding personal finances and healthcare.	Self-directed lifestyle with assistance when needed. Able to make decisions regarding personal finances or healthcare; has health care proxy in place if needed.	Requires direction. Family responsible for financial and healthcare decisions through Power of Attorney and/or health care proxy.	May be capable of high-level decision-making, but requires assistance carrying out intentions. Family responsible for financial and healthcare decisions through Power of Attorney and/or health care proxy.
<b>MEMORY IMPAIRMENT</b>	Little to no memory impairment.	Mild or no memory impairment, possibly some confusion and disorientation.	Significant or progressive memory impairment.	Memory impairment can range from minimal to significant or progressive memory loss.
<b>LEVEL OF INDEPENDENCE</b>	May come and go as they please and is capable of using an emergency call system.	May come and go as they please, though may require assistance to do so, and is capable of using an emergency call system.	Specialized neighborhoods with staff available 24/7.	Requires assistance and skilled nursing staff available 24/7.



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