



# Assisted LIVING

Choosing Independence with a Helping Hand when Needed

BY JENNIFER KLUG

Living in Wisconsin brings changing seasons: vibrant colors in the fall, long and sunny days during summer, fresh-fallen winter snow, and budding flowers each spring. But change in seasons also brings thoughts of yard work: shoveling, cleaning, gardening, and keeping up a house that may seem bigger

and more overwhelming each year. Many seniors find themselves torn between keeping their home, with all the fond memories, and the practical need for downsizing—and the thought of change is scary.

For seniors who are still independent but may need a

helping hand here and there, a move to assisted living may be just the thing. Assisted living can be a lifestyle that offers social opportunities and a sense of community, with meals, activities, and even transportation offered daily. Assisted living residents find privacy within their apartment

while having the luxury of activities and events right outside their door. Without the work and worries that come with a house, there is time to enjoy hobbies and find new interests with new neighbors and friends.

Residents in assisted living communities continue to be as independent as they want while knowing someone is there to provide assistance when needed. Caregivers are available for a range of daily needs, such as medication management, dressing and grooming, and aid with mobility.

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Residents have peace of mind in knowing that a helping hand is always available.

When seniors and families think about assisted living, they may picture a single room or small space, but that's not always the case. Many assisted living communities offer a range of apartment sizes, from cozy studios to spacious multibedroom apartments. While some assisted living apartments come furnished, many are empty and ready to be filled with the

resident's furniture, decorations, and their own touches to make the new apartment feel like home.

Even after the decision has been made to make a move to assisted living, mixed emotions, doubt, and even second thoughts may linger. Is this really the right time? What about the happy memories in the house? There are still sounds of laughter and familiar voices from times gone by. This is a natural reaction, and by embracing it rather than avoiding the conversation, families can find joy in the process of preparing to make another important, exciting life change.

Reminisce and remember the many good times in the home. Take time to pull out the old photos and go through the carefully packed boxes tucked in the attic for safekeeping. No doubt there will be laughter and tears. Seniors, friends, and families alike realize the memories will always be with them—in their hearts and in their thoughts.

For most seniors who make assisted living their home, there is one piece of advice that is shared over and over: I wish I had made the move sooner.

*Jennifer Klug is the Regional Director of Customer Relations at Oak Park Place.*



## ASSISTED LIVING - CBRF

*Community Based Residential Facility. Licensing renewals and dates vary—please reference [dhs.wisconsin.gov](https://dhs.wisconsin.gov) for information that is updated quarterly. Designed specifically for aging adults needing more advanced care, CBRFs are appropriate for individuals with general/frail requirements. They provide up to 28 hours per week of personalized supportive services, such as meals, health monitoring, medication management, housekeeping, and laundry similar to RCACs but also includes no more than three hours per week of licensed nursing care. CBRFs can work for those with Alzheimer's-related dementias or other ailments requiring more in-depth monitoring.*

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Allouez Parkside Village #1, part of Assisted Living By Hillcrest, strives to help residents maintain and improve their independence and quality of life all within a comfortable, homelike setting. We support our residents emotionally, socially, and physically by providing personalized 24-hour care, beautiful individual apartments with private bathrooms, health monitoring and assistance with daily living, chef-prepared meals, and life enriching activities with live entertainment.

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Allouez Parkside Village #2, part of Assisted Living By Hillcrest, strives to help residents maintain and