Finding the Right Fit


Seems like a lot of terms, and some of them appear to be interchangeable. Are they? How do I know what I’m really looking for?

Every day we hear from someone who isn’t sure what type of living arrangements or eldercare would best fit their needs both now and in the future. We realize that navigating all the service options and all the different names can be overwhelming. That’s why, based on decades of experience serving seniors, we’ve created the Finding the Right Fit guide.

Take a few minutes to review this guide. It will help you distinguish all the confusing names and find the right place for you or the person you love.

☐ You are fully capable of living anywhere you wish, independently.
☐ You come and go as you please, decide when you want to eat in or out.
☐ You take off for a weekend, a week or a couple of months whenever the spirit hits you.
☐ You may have a few aches or pains, or even a chronic illness or two, but they don’t get in your way.

If this sounds like you, you’re a candidate for the independent living homes and apartments on the Village and Delaware Run campuses.

☐ You know you can live safely alone, but you’re not quite as independent as you used to be.
☐ You can drive, but find it stressful more than enjoyable.
☐ You can cook, but for the most part you’d rather not.
☐ Your mobility challenges make you think twice about travel.
☐ Your memory might not be everything it was a few decades ago, but then, whose is?
☐ You forget to take your pills about as often as you remember to take them.

If this sounds like you, you’re still probably good for independent living, but you may benefit from some home services to help keep you at your best.
Yes, technically you can dress and take care of yourself, but . . .
Doing the laundry is exhausting, and you’re afraid of the basement stairs.
Reaching your shoelaces is a real challenge.
You’ve left the pot on a hot stove, and then left the house, more than once.
Sometimes you just forget to eat.
Seems your judgement may be a little askew. You’re not as careful as you once were about opening the door to strangers or giving telephone callers personal information.
You’d rather take a sponge bath than chance a fall getting in or out of the shower.
You truly don’t remember if you did something or not, and there’s nobody there to remind you.
You aren’t sure if it’s safe to be alone any more.

This is tougher. You no doubt need some supportive services in the home; whether or not it’s enough for you to be there safely is something that should be decided with the help of someone experienced in doing home assessments. You may wish to consider assisted living, but it is not always required. There are options.

You’ve been in the hospital for surgery or a stroke or some other acute incident.
You’re confident you will be able to return home once you have a chance to heal.
You need therapy or skilled care for a few weeks before you can be safe at home again, but the hospital is ready to discharge you.

You’ve just described the purpose of rehabilitation and skilled nursing services. They get you functioning and well and send you back home where you belong.

You’ve been in the hospital with a stroke or other serious illness.
Therapy may make it a little better for you, but realistically, you know you probably won’t be able to live alone again.

You may benefit from skilled nursing or therapy for a while, but then you’re probably a candidate for long-term care. Whether that care is provided in assisted living or in a long-term care setting depends on several factors. Let’s talk.

You want to keep your loved one home with you, but you must work.
You’re retired, but caring for your loved one all day long is exhausting.
You have other daytime responsibilities, but really want Mom or Dad to be home with you in the evening and on weekends.
You know you really can’t afford permanent placement, but a couple hundred dollars a week would be do-able.
Adult day care might be the perfect solution for you. And transportation is often provided.

- You’d love to keep your loved one home with you, but the constant fear he will go outside and get lost means you get no sleep. You hear every sound!
- That continuous, energetic pacing is driving you slowly insane.
- You just can’t do it all any more. It’s simply too hard.

You seriously need to look into memory care services. It might be that adult day care would give you the daytime break you need so you can make it through the evening. Or it could be that it is truly unsafe for your loved one to be in an unsecured area. Talk to someone who can help you with your decision making.