

# Is It Time For Assisted Living?

*It can be difficult when you see a loved one that may be unable to live independently at home and the time has come to move them to an assisted living facility. Here are 8 indicators that your loved one may be unable to live independently at home.*

## 1 Inability to Socialize

- Confined to home with visitors that consist mainly of family or health care providers
- Loss of interest in social activities/hobbies, increased isolation

## 2 Changes in Nutrition

- Poor appetite, unmotivated to cook for themselves
- Noticeable weight loss
- Insufficiently or inappropriately stocked refrigerator or pantry

## 3 Medication Management

- Non-compliance with medication regimes
- Lack of organized system for managing medications

## 4 Lack of Mobility

- Difficulty going from a sitting to a standing position
- Difficulty with stairs
- Poor balance and walking endurance

## 5 Safety Issues

- Recent falls
- Cluttered walkways or stairwells
- Accidents with household appliances

## 6 Grooming

- Changes in appearance, such as dirty or unkempt hair, ragged fingernails
- Mismatched or soiled clothing
- Body odor

## 7 Decline in Mental Status

- Short-term memory loss, confusion
- Inability to carry out familiar routines or follow instructions

## 8 Housekeeping

- Dirty dishes, laundry piled up, excessive garbage, dirt or clutter
- Unsanitary conditions

# What Now?

With such a wide range of options available in assisted living, knowing which facility to consider can be overwhelming. You have choices so the first step is to decide which kind of living environment appeals most to you or your loved one.

In Wisconsin, assisted living facilities are divided by size and type for regulatory purposes. They are broad categories, but important differences exist between them:

- Adult Family Home (AFH)
- Community-Based Residential Facility (CBRF)
- Residential Care Apartment Complex (RCAC)

Generally speaking, RCACs are geared toward individuals who are more independent, while AFHs and CBRFs offer higher levels of service.

## **Adult Family Home (AFH)**

An AFH is the smallest type of residential facility. Often a private home, it can contain one to four residents along with caregivers who may or may not live there. Residents receive care "above the level of room and board", which can include up to 7 hours per week of nursing care. Most AFH's specialize in a particular type of resident.

## **Community Based Residential Facility (CBRF)**

A CBRF is usually a medium-sized facility, although some can be quite large, with a minimum of 5 beds. These facilities provide treatment and service beyond room and board, including up to 3 hours per week of nursing care. CBRF's can also specialize by resident type.

## **Residential Care Apartment Complex (RCAC)**

An RCAC has at least 5 apartments and may provide up to 28 hours per week of service such as housekeeping, personal assistance, dining, nutrition and medication management. 24-hour emergency service are also available. Each apartment has a lockable entrance, kitchen and bathroom.

**We offer both independent and assisted living facilities and are here to help you make the best decision for your loved one. Reach out to Christine Gomez at 262-234-1466 and let us help you.**



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