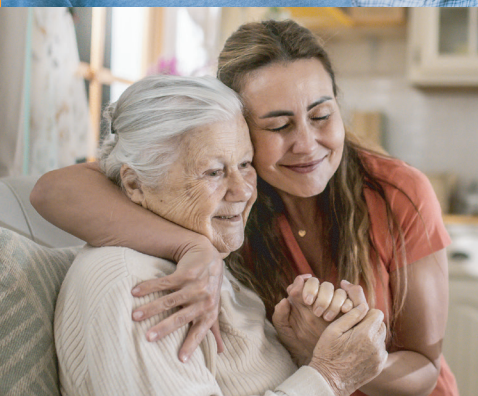




Caregiver Resource Guide

Memory Care

Lynnwood
Federal Way
Point Ruston



Worksheet: Home Safety Checklist



The following room-by-room checklist can alert you to potential hazards in an older person's home. Use it to identify any changes or repairs needed to help keep them safe. Keep in mind that it may not be necessary to make all of the suggested changes. It is important, however, to reevaluate home safety every so often as the person's behavior and needs change.

Throughout the home

- ☐ Are any repairs needed?
- ☐ Is the house well lit, inside and out, particularly at the top and bottom of stairs? Do any lightbulbs need to be replaced?
- ☐ Are emergency phone numbers (ambulance, Poison Control, doctors, hospital, etc.) and the person's home address near all telephones?
- ☐ Is there clutter, which can cause disorientation and confusion and increase the risk of falling?
- ☐ Is mail, recycling, or trash piling up? Do there need to be more trash and recycling containers around the house?
- ☐ Is each bottle of prescription medicine clearly labeled with the person's name, name of the drug, drug strength, dosage frequency, and expiration date?
- ☐ If there are guns in the home, are they locked up and unloaded, with ammunition stored separately?

Floors

- ☐ Are there any tripping hazards at exterior entrances or inside the house (throw rugs, for example)?
- ☐ Are there non-slip strips or mats on tile and wood floors or surfaces that may get wet? Are carpets fixed firmly to the floor?
- ☐ Are all walking areas free of furniture and extension and electrical cords?
- ☐ Have smoke and carbon monoxide alarms been installed near the kitchen and in all bedrooms? Have the batteries been checked recently?

Stairs

- ☐ Are the stairs manageable, or is a ramp or gate needed?
- ☐ Could handrails be installed on both sides of the staircase?

☐ Is there at least one stairway handrail that extends beyond the first and last steps on each flight of stairs?

☐ Are any outdoor steps sturdy and textured to prevent falls in wet or icy weather? Mark the edges of steps with bright or reflective tape.

Bathrooms

☐ Are there grab bars near toilets and in the tub or shower?

☐ Have nonskid adhesive strips, decals, or mats been placed in the tub and shower? If the bathroom is uncarpeted, consider placing these strips next to the tub, toilet, and sink as well.

☐ Have a plastic shower stool and a hand-held shower head been installed to make bathing easier?

☐ Is the water heater set at 120° F to avoid scalding tap water?

☐ Is there a night light to make overnight trips to the bathroom safer?

Kitchen

☐ Are there safety knobs and an automatic shut-off switch on the stove?

☐ Is there enough food in the fridge? Is any of it spoiled? Are there staple foods (such as cereal, sugar, canned soup) in the cabinets?

☐ Has a drain trap been installed in the kitchen sink to catch anything that may otherwise become lost or clog the plumbing?

Outdoors

☐ Are there secure locks on all outside doors and windows?

☐ If a walker or wheelchair is needed, can the entrances to the house be modified — perhaps by putting in a ramp to the front door?

☐ Is there a small bench or table by the entry door to hold bags and packages while unlocking the door?

☐ Is outside lighting adequate? Light sensors that turn on lights automatically as you approach the house may be useful.

☐ Have bushes and foliage been pruned away from walkways and doorways?

☐ If there is a swimming pool, is it safe? Restrict access to a swimming pool by fencing it with a locked gate, covering it, and closely supervising it when in use.

☐ Have you addressed any uneven surfaces or walkways, hoses, and other objects that may cause a person to trip?



LONELINESS AND ISOLATION: HOW SENIOR LIVING CHANGES LIVES



THE LONELINESS EPIDEMIC: A PUBLIC HEALTH CRISIS

- **Being isolated is like solitary confinement.** Loneliness is a **serious health risk**, increasing the likelihood of depression, dementia, and chronic illnesses.
- **Social isolation costs the U.S. \$6.7 billion annually.** Medicare spends **\$1,608 more per year** on each isolated older adult due to increased health complications.
- **Older adults living alone are at higher risk of:**
 - ✓ Cognitive decline
 - ✓ Depression & anxiety
 - ✓ Falls & hospitalizations
 - ✓ Shorter life expectancy
- **Limited mobility and physical disability contribute to 53% of reported loneliness** in older adults.

THE TRANSFORMATIVE IMPACT OF SENIOR LIVING

A recent **U.S. News & World Report** survey found that moving into a senior living community **dramatically reduces loneliness and improves health:**

- **69% of older adults** reported feeling lonely most of the time before moving in.
- **65% said loneliness and isolation negatively affected their health before moving in.**
- **33% experienced health improvements** after moving into senior living.
- **85% made new friends** since moving into a community.
- **Increased engagement:** Residents participate in activities **19% more often**, engage in **physical activity 20% more often**, and find meaning in daily life **21% more often**.



THE CAREGIVER'S WELL-BEING MATTERS TOO

Caregivers often experience burnout, stress, and declining health while caring for an isolated loved one. Senior living provides:

- ✓ **Peace of mind**, knowing loved ones are supported, active, and engaged in a thriving community.
- ✓ **More time for family members** to focus on quality visits rather than full-time caregiving responsibilities.
- ✓ **Reduced stress and improved overall well-being** for caregivers balancing work, family, and caregiving.

A PROVEN SOLUTION TO A NATIONAL CRISIS

- In **2023**, the **U.S. Surgeon General declared loneliness an epidemic**, highlighting the urgent need for solutions like senior living.
- A **2022 study by the American Seniors Housing Association** found that senior living communities provide more access to **social, physical, and intellectual wellness** than aging at home.
- **Activated Insights reports that only 20% of senior living residents** feel "severely lonely"—a stark contrast to isolated seniors living alone.

GENCARE LIFESTYLE: A PLACE TO BELONG

At GenCare Lifestyle, we don't just offer a place to live—we **provide a thriving, connected community** where aging adults find friendship, purpose, and joy.

Why Families Choose GenCare Lifestyle:

- ✓ **Built-in social opportunities** – Daily activities, group dining, and events create connections.
- ✓ **Professional support & wellness programs** – Supporting physical, emotional, and mental well-being.
- ✓ **A worry-free lifestyle** – Safety, independence, and community, all in one place.
- ✓ **Peace of mind for families** – Knowing their loved one is thriving, not just surviving.

Break free from loneliness—discover the joy of connection!

Sources:

U.S. News & World Report Senior Living Survey
Harvard-Stanford-AARP Study
University of Michigan Study on Senior Isolation
Activated Insights 2021 Senior Living Survey
American Seniors Housing Association & ATI Advisory Report (2022)

National Investment Center for Seniors Housing & Care (NIC)
U.S. Department of Veterans Affairs (2021 Report)
AARP Caregiving in the U.S. Report (2023)
Family Caregiver Alliance Research Findings
U.S. Surgeon General's National Strategy to Advance Social Connections (2023)



5 Tips to Help You Understand Dementia Behaviors

It's not easy caring for someone with dementia caused by Alzheimer's or a similar degenerative brain disease. Here, we've collected five tips to remember when encountering challenging dementia behaviors.



We cannot change the person.

The person you care for has a brain disorder that shapes who they have become.

Behavior is triggered.

It might be something a person said, a medical or dental issue, change in their surroundings, or a feeling of loss of control.



Behavior has a purpose.

Behavior fulfills physical or emotional needs: having to use the bathroom, feeling hungry, or wanting to feel safe, useful, or productive.

What works today, may not tomorrow.

It's important to remain patient, flexible, and curious about the root of challenging behavior.



Maintain a positive attitude.

Behaviors are coping tactics for deteriorating brain function. Try to stay positive, resist taking things personally, and keep a sense of humor.

Want to learn more? Find tools, tips, and caregiver resources in our **Caregiver's Guide to Understanding Dementia Behaviors** fact sheet at caregiver.org/resource/caregivers-guide-understanding-dementia-behaviors.



5 Tips to Communicate with Someone with Dementia

We may not know how to communicate with a person with dementia — but we can learn. Here are five tips to reduce stress and enhance communication.



State your message clearly.

Use simple words and sentences. Speak slowly, distinctly, and in a reassuring tone. Use names of people and places instead of pronouns or abbreviations.

Ask simple, answerable questions.

Ask one question at a time; yes or no answers work best. Refrain from asking open-ended questions or giving too many choices.



Break down activities into steps.

Encourage the person to do what they can, gently remind them of steps they forget, and assist with steps they're no longer able to accomplish on their own.

When the going gets tough, redirect.

Connect with the person on a feeling level before you redirect. You might say, "I see you're feeling sad — I'm sorry you're upset. Let's go for a walk."



Remember the good old days.

People with dementia might not remember what happened 45 minutes ago, but they may recall their lives 45 years earlier. Invite them to reminisce!

Want to Learn More? Find more tips for positive interactions in our **Communication for Dementia** fact sheet at caregiver.org/resource/communication-dementia.



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Real-Life Strategies for Dementia Caregiving

As caregivers, we tend to use intuition to help us decide what to do. Unfortunately, with dementia, the ‘right’ thing is often opposite of what we’d think. Here’s some practical advice:



Being reasonable, rational, and logical will get you into trouble.

A person with dementia doesn’t have a “boss” in their brain any longer. Straightforward, simple sentences about what’s going to happen are usually best.

Therapeutic lying reduces stress.

Does it matter the person you’re caring for thinks it’s 1982? Is it ok to say you’re going to lunch and “stop by” the doctor? With dementia, compassion outweighs truth.



Making agreements doesn’t work.

Most agreements will soon be forgotten. Rather than discussing, take action to mitigate issues and minimize hazards.

Tell, don’t ask.

Rather than asking “What would you like for dinner?” try announcing what’s next. “We’re eating now” encourages cooperation.



Moments of lucidity are ... just that.

Everyone with dementia has times when they make sense and can respond appropriately. Treasure those moments when they occur.

Want to Learn More? Find more real-life strategies in our **Ten Real-Life Strategies for Dementia Caregiving** fact sheet at caregiver.org/resource/ten-real-life-strategies-dementia-caregiving/.





Finding Senior Living

Financial Solutions

The transition to senior living can be a lot to shoulder, emotionally and financially. ElderLife knows that a little bit of support can go a long way for you and your loved one.



Bridge Loan

Immediate funds to pay for care if you are awaiting funds from a home sale, VA benefits, insurance claims or more.



Selling a Home

Work with specialized real estate agents to maximize the value of your home sale.



Long-Term Care Insurance

If you have a LTCi policy, we can help you receive the full amount you are entitled to.



Personal Loans

Personal loans are a good option for immediate access to additional funds.



Veteran Benefits

Qualified Veterans and spouses may receive up to **\$2,642** of additional monthly income.



Reverse Mortgage

If at least one person is staying home, but you need extra funds, a reverse mortgage or HECM could be the answer.



Life Insurance

Instead of letting a life insurance policy lapse, learn how to sell it to pay for senior care.



Tax Deductions

Learn about potential tax deductions that may be available when paying for care.

Check all financial resources that may be available to you:

☐ VA benefits

☐ Sale of home

☐ Social Security

☐ Long-term care insurance

☐ Asset liquidation
i.e. investments, automobiles, etc.

☐ 401(k), CDs, stocks, bonds

☐ Reverse mortgage

☐ Life insurance

☐ Medicaid

Get **Free** Guidance
From a Financial
Concierge.



Scan, Call or Email

(888) 228-4500

help@elderlifefinancial.com



Financial Solutions

Bridge Loan

ElderLife Bridge Loans provide immediate access to funds, so you can pay for senior care until more permanent funding is available.

- Short-term funds up to 12 months
- Borrow between \$5K-\$500K
- Available in as little as 24-hours
- No application fee
- Interest-only payments
- No pre-payment penalties

 **Trusted by over 8,500 families**

How Does it Work?

ElderLife Bridge Loans use a line of credit structure, so you have the flexibility to borrow the amount you need, when you need it. We will send funds directly to more than 3,500 senior living communities nationwide.

The most common Bridge Loan scenarios include:

- Completing the sale of a loved one's home.
- Pending VA benefits application for yourself or a family member.
- Awaiting funds from a long-term care insurance policy.

How Do I Apply?

Applying for a Bridge Loan is as simple as a quick, 15-minute call with one of our financial concierges — or you can start the application process online. The process is complimentary, and there are no upfront fees or costs.

Steps to getting an ElderLife Bridge Loan:

- Understand your family's story.
- Understand your chosen community's monthly cost.
- Create a customized plan for your unique situation.
- Apply and receive funds in as little as 24-hours.

Call or Email to Get Started!

Get free guidance from a financial concierge.

(888) 228-4500

help@elderlifefinancial.com



Financial Solutions

VA Benefits

We can help determine if you meet the four criteria of the VA Aid and Attendance Benefit and your best next steps to submit the application.

Monthly Max Benefit Amounts

Surviving Spouse	\$1,432
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Married Veteran (spouse needs care)	\$1,750
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Single Veteran	\$2,229
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Married Veteran (with care needs)	\$2,642
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*Actual benefit amount determined by the VA based on eligibility.

Eligibility Criteria



Military History

Veterans must have served 90 days active duty with 1 day during a period of war. An honorable, general, or medical discharge is required.



Income Considerations

If care expenses exceed income, the maximum benefit will be awarded; most individuals receiving senior care meet this qualification.



Medical Needs

The Veteran or spouse has cognitive or physical impairments that require the assistance of another individual on a regular basis.



Net Worth

The VA considers assets in making its determination; with proper planning most can become eligible.

Find Out if You're Eligible!

Find out if you or your loved one is eligible by taking our 5-minute online survey at

aidandattendance.com