

## Retirement Residences Kelowna

Retirement Residences Kelowna - It can be really stressful to enter into a new phase of life. Moving into an assisted care facility is one that entails such drastic changes. Much of what one's lifestyle will look like in the future is not known and can cause high levels of fear and resistance against moving into an assisted living situation out of one's house.

To ensure that the facility is suitable and that the existing requirements of an individual could be met, prospective residents must be assessed before they can move into an assisted living facility. Fees for assisted living are usually determined by a base rate in addition to fees for required services. Occasionally there is a fee per service, which is just added to the monthly bill of the resident. Other times there might be a flat rate per month based on the level of help which was determined during the initial assessment. Assistance services usually consist of things like for example help with getting dressed, grooming, toileting or bathing, management of the person's medications and assistance with transfers.

When looking for an appropriate facility, make sure to arrange for a short term visit prior to committing. This is the only way to get an idea of what life will be like in the community or facility. It impossible to experience all aspects of the community from a short term visit, but it is the best way to get a general sense of whether or not the facility will remain on the list of candidates and the surroundings.

Assisted living facilities offer a huge array of amenities and services, so it is always a good idea to research every facility to see if what they provide fits with the desires and requirements of the individual. Moreover, the level of assistance required at each stage of life could change, so looking for a facility which could adapt to potentially changing requirements is great. Although not as common, there are existing facilities that offer nursing as well as assisted living care. These are usually referred to as continuing care facilities and they are a good option for individuals who would not like to move into entirely different facilities every time their level of need increases.

The kind of housing, the number of residents and the services and amenities which are offered by assisted living facilities differ significantly. Residents may live in separate houses, or they could stay in apartments that can be studios, one bedroom, or two bedroom units. In assisted living facilities residents are able to enter and leave the facility as they please. Though some units may have small kitchenettes used for preparation of snacks and simple meals, meals are usually served in shared dining halls and residents normally have a choice of meals from a menu. Assisted living facilities have other common areas such as fitness centres, activity rooms, libraries, pools, and even hair salons. Having many common places encourages residents to be more social with each other. Guests are allowed and are normally required to simply sign in at the front desk. Beyond regular business hours doors might be locked, so visitors may need to be let in by security.