



GUIDE TO ASSISTED LIVING



CRANBERRY PARK
assisted living & memory care

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What is Assisted Living?



Assisted living is a residential option designed for seniors who require some help with daily activities. Assisted living communities offer convenient on-site amenities, social activities, and services such as housekeeping, meals, and personal care.

Assisted living is generally suitable for older adults who need assistance with daily care tasks. Residents may require reminders to take their medication, help with bathing or dressing, or support with other everyday activities, but they do not need round-the-clock skilled nursing care.

Which Is Better: Assisted Living or Aging in Place at Home?

Deciding whether to pursue assisted living or continue with home care can be a heartfelt and challenging decision for you and your loved one. It's important to consider a variety of factors, including the level of support they may need, the time you can dedicate to their care, and the resources available to you.

If your loved one is facing difficulties in any of the following areas, it might be time to reassess their living situation:

- Managing chronic illnesses such as high blood pressure, high LDL cholesterol, or diabetes can be overwhelming, and they may need extra help.
- Declining physical abilities, including vision, hearing, balance, or mobility challenges, can affect their independence.
- Home safety is crucial; if there are concerns about falls or necessary repairs, their well-being may be at risk.
- Accurately managing medications and attending medical appointments can become increasingly complicated.
- Daily activities such as dressing, cooking, transportation, or bathing may become too burdensome for them to manage alone.

Taking the time to evaluate these aspects with compassion can guide you toward the best living arrangement that meets your loved one's needs and ensures their comfort and safety.



What Are the Benefits of Assisted Living?

Assisted living can be a great option for older adults who require some assistance to maintain their independence. The supportive environment of assisted living can enhance the quality of life and overall well-being for seniors.

Here are some additional benefits:

- Increased physical activity and a focus on health and wellness
- More opportunities for socialization and lifelong learning
- A safer living environment, including on-site healthcare and emergency response systems
- Nutritious daily meals
- Housekeeping and linen services
- Transportation services for appointments, errands, and special events
- Assistance with activities of daily living, such as dressing, medication reminders, and personal hygiene

Understanding the Value of Assisted Living

Many believe staying at home is less expensive than living in an assisted living community. However, several costs associated with staying at home are often overlooked.

For example, seniors who choose to remain at home should budget for additional support, such as home health care or homemaker services, since most older adults will likely need these services at some point in the future.

To provide some perspective on these costs, Genworth Financial estimates the median monthly expenses for various types of care in the U.S. for 2024. Their findings indicate that the costs associated with assisted living are comparable to, and often lower than, the expenses for home services.

Care Services	Estimated Monthly Costs (based on the national monthly median)
Homemaker Service	\$6,292
Home Health Aide	\$6,483
Adult Day Health Care	\$2,167
Assisted Living Community	\$5,900

*source: <https://www.genworth.com/aging-and-you/finances/cost-of-care.html>

You should also consider that living at home will come with additional costs, including:

- Mortgage/Rent
- Property taxes
- Property/Renters insurance
- Maintenance and repair
- Transportation costs
- Food
- Utilities (electric, gas, water, sewer, phone, trash, etc.)

It's important to remember that the costs of caregiving extend beyond finances. Caring for an aging parent or loved one can be both mentally and physically exhausting.

Be fair to yourself and acknowledge the emotional and physical toll of consistently checking on your loved one and ensuring their needs are met. Seeking help is not selfish; in fact, it can often be the best solution to ensure that your loved one's needs are addressed.

While moving to an assisted living community may not be suitable for everyone, it is a conversation that every family should have together. Many seniors may prefer to remain at home, but if they're having difficulty living independently, an assisted living community might be their safest and most fulfilling option.

What Is Memory Care?

Memory care is specifically designed to ensure safety and provide support for individuals living with Alzheimer's disease or other forms of dementia. Specialized programming offers residents a range of structured activities throughout the day, which can help provide emotional support, encourage engagement, and reduce anxiety and agitation.

Cranberry Park assisted living communities in Michigan offer memory care programs for individuals experiencing cognitive decline, such as Alzheimer's disease or various types of dementia. Since no two cases of Alzheimer's or dementia are the same, we create a personalized care plan for each resident in a secure environment.



Memory care at each Cranberry Park community includes:

- Secure memory care neighborhood and outdoor courtyard
- Dining services, including visits from dietary staff to determine special diets and preferences
- Attentive and trained staff members - 24 hours per day
- Wellness checks by licensed nurses
- Assistance with activities of daily living, including bathing, dressing, and personal hygiene
- A large activity space and a variety of engaging activities
- A Music and Memory program
- Medication management

Assisted Living vs. Skilled Nursing: What's the Difference?

Many people often confuse assisted living with skilled nursing care. This confusion is common among seniors and their families, especially since it's not an area they have encountered before beginning their search for care options. The key difference between the two lies in the level of care and support they offer.

To clarify this distinction, let's look at the specific characteristics of each type of care.



Assisted Living

Assisted living is designed for seniors who need some assistance with daily activities.



Skilled Nursing

Skilled nursing, however, is intended for seniors who require 24-hour, extensive care due to a chronic medical condition.



What's Life Like in an Assisted Living Community?



Living in an assisted living community can be more fulfilling than staying home alone. Residents can continue participating in activities they have always enjoyed. While your loved one may need some time to adjust to the new environment, the convenience and care provided in an assisted living community will help ease the transition.

In these communities, residents live in apartments that they can personalize with their own furnishings and decorations. They also have access to various activities, such as fitness classes, crafts, entertainment events, and nutritious, restaurant-style dining.

Each resident receives a personalized care plan tailored to their needs and doctor's recommendations. Most assisted living communities also offer housekeeping, laundry, and maintenance services as standard amenities.

Assisted Living Costs and Amenities

The cost of assisted living varies by community and care services needed. Typically, assisted living communities use a monthly fee structure that's either an all-inclusive fee or based on levels of care.

1. All-inclusive fees mean that the monthly fee covers all services at the community.
2. Levels of care fees are based on the level of care needed.

The services and activities included in the monthly fees vary by the community. To give you an idea of what might be offered, Cranberry Park assisted living communities provide the following services and amenities for a monthly cost ranging from \$4,000-\$6,300:

- 24-hour professional nursing staff
- Private apartments
- Beautiful courtyards and walking paths
- Emergency call system
- Housekeeping and linen service
- Restaurant-style dining
- Social and entertainment activities
- Transportation
- Beauty salon and barbershop
- Health and wellness monitoring
- Medication management
- Assistance with bathing, dressing, and grooming
- Physical, occupational, and speech therapy (optional)
- Podiatry, dental, and optometry services (optional)
- Psychological services (optional)
- Furnished respite suite for short-term accommodations (optional)





Will My Insurance Cover It?

Many people wonder whether their insurance will cover assisted living services, and the answer depends on the specific insurance plan. For instance, if you have long-term care insurance, it may cover some or all of your assisted living expenses.

Additionally, certain insurance policies may cover rehabilitation or home health services within assisted living if they become necessary. Veterans Affairs (VA) benefits can also help pay for assisted living costs. However, it's important to note that Medicare does not cover assisted living expenses. As a result, many individuals opt to pay for assisted living privately.

Ultimately, if you have questions about assisted living coverage, it's a good idea to consult your insurance provider for clarification.

Cranberry Park Assisted Living Communities: Continuum of Care

At Cranberry Park, we often discuss what sets us apart, but what does that mean for your loved one?

Our primary distinguishing factor is our full continuum of care, all provided under one roof.

This ensures that as care needs change, we can offer the most appropriate level of support tailored specifically for your loved one.

For example, if your loved one moves to a Cranberry Park assisted living community and later requires a higher level of care — whether months or years down the road — we can deliver that care right on the same campus. This offers peace of mind for families, knowing their loved ones will continue receiving the care they need

Rehab Care

If your loved one requires a hip replacement while residing in assisted living, they can have the procedure done and then return to Cranberry Park to receive rehabilitation services.

This approach is crucial because it eliminates the need for your loved one to adjust to new faces and unfamiliar environments. Furthermore, the staff will already know them and their specific needs.

In contrast, traditional assisted living communities often do not provide on-site rehabilitation services, which include physical, speech, or occupational therapy.



Cranberry Park Assisted Living Communities: Continuum of Care

Long-Term Care

In addition to rehab care, your loved one can receive skilled nursing care on the same campus if needed, as Cranberry Park is equipped to provide a higher level of care.

This setup is especially beneficial for couples with different care needs. For example, if your dad is still healthy and can live in assisted living, that's no problem. However, if your mom has suffered a stroke and requires either rehabilitation or skilled nursing, they won't have to worry about living apart.

Your parents can reside in the same building while receiving the appropriate care for each of them. While they may not be able to share an apartment if one spouse requires a significantly higher level of care, they can still visit each other, share meals, and enjoy their time together.

In contrast, a traditional, standalone assisted living community that does not offer rehabilitation or skilled nursing would not be able to provide this level of support.



Person-Directed Care and Services at Cranberry Park

Our Cranberry Park assisted living communities are designed to be intimate and easy to navigate. Most have around 35 apartments, with the largest community having 60 apartments. This smaller size creates a more home-like and personalized environment for residents compared to larger communities.

Residents enjoy convenient services and amenities, including restaurant-style dining, transportation, and housekeeping. Assisted living allows residents to spend their days as they wish, knowing that meals and upkeep are taken care of for them. They are free to engage in activities as much as they like or simply relax with a good book in their apartment.

Contact Us to Learn More About Cranberry Park

Assisted Living & Memory Care



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