



# Dogwood Shores

Assisted Living Residence  
*Spring Lake*



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[www.dogwoodshores.org](http://www.dogwoodshores.org)

## Why Is Smaller Better for Assisted Living?

Safe, personal and comfortable.

This is what residential assisted living should be about – living within a comfortable home with caregivers who know you and your family, understand your health issues, and can anticipate your daily needs and have the ability and time to talk, listen and comfort-not all the bells and whistles of large facilities that drive up the cost-it's the personal attention and care specific to each resident.

Assisted living residences, actual homes located in traditional neighborhoods where ourselves or loved ones are familiar with offer a family-like environment with a few other seniors and feel like family together with the comfort of knowing there is onsite experienced caregiving support onsite without feeling like a dormitory residential facility with few caregivers among many residents and rigid rules. It's not only safer and more conducive to healing from procedures or managing illness and disabilities, we believe it provides a higher quality of living and enjoyment.

- ✓ Knowing your caregiver personally, each other's family and background.
- ✓ Taking the time to talk each other without rush...like home.
- ✓ Assistance and supervision with medications, blood pressure monitoring, medical appointments, special dietary needs.
- ✓ PT exercises.

If we are fortunate enough, aging will happen to us all however, a decline in physical and/or mental cognition may require the need to reside in an assisted living environment to assist in managing our ADL's, chronic health or mental disease or to recover from a medical procedure.

A new study by the National Health and Aging Trends suggests that two-thirds of Americans over age 65 need help with activities of daily living. Doing everyday activities such as eating, bathing, taking medications and getting in and out of bed or a chair becomes difficult with age.

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You and your loved ones have many choices today.

Occupying 1 of 200 beds in a large assisted living facility or residential community is no longer the only option. You or your loved ones may prefer an option that allows them to maintain their individuality, flexibility, unique personal needs and receive more attentive care by choosing a smaller residence. Individuals and their family members who seek care at an assisted living facility tend to have three distinct needs:

- Modern, functional and safe housing.
- Assistance with activities of daily living.
- Chronic disease or ailment management.

Smaller sized residential assisted living homes, like Dogwood Shores provide safer, more tailored living experiences such as:

- ✓ Home cooked customized meals and snacks.
- ✓ Personalized caregiving support.
- ✓ More companionship.
- ✓ Tailored attention that offers flexible routines that allow our residents to feel more independent.
- ✓ Very much a family atmosphere

There are a variety of features that define the best residential assisted living homes. These factors include availability of assisted care services, training level of caregiving staff, pricing, and the size of the residential assisted living home. The size of an assisted living facility is measured based on the number of beds, above all other things.

**But what does size have to do with level of care?**

The following five benefits are key reasons why small assisted living homes are most desired.

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### 1. Personalized Care

Personalized care is one of the most beneficial perks of a small assisted living home.

Fewer residents allow caregivers to connect with seniors personally, physically and mentally. This deeper level of connectivity enables staff to engage in the daily routines of residents and memorize medicine schedules. As a result, these small assisted living homes translate to high quality of care.

Seniors with unique needs benefit from personalized care most.

Furthermore, the residential assisted living staff usually goes above and beyond to keep residents comfortable and healthy.

### 2. Privacy

Personal space is a plus for seniors living in residential assisted living homes – it allows for privacy. Residents get their privacy just as they would at their personal homes.

Residents share common areas such as the living room and kitchen, but each resident has a comfortable private bedroom similar to their previous home environment.

### 3. Less intimidating Experience

Moving from your quiet, personal home and being placed into a new setting is often an intimidating experience. The idea of sharing space with strangers might feel unappealing to your loved one..

However, a positive point regarding smaller assisted living homes is that they accommodate fewer residents, create plenty of privacy, and more personalized attention. Small residential assisted living homes are less intimidating, which helps us to feel more at ease.

Residential assisted living homes strive to make the transition as flawless and far less intimidating than big box nursing homes.

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### 4. Fosters Closer Resident Relationships

Residential assisted living homes foster a family-like environment that eliminates concerns of social isolation. Small senior housing makes it easier for seniors to share similar interests, create friendships, and make new memories.

### 5. Cost Effective

One visual advantage of large, high-end assisted living facilities is the huge variety of amenities they provide for their residents.

Unfortunately, amenities like fitness centers, swimming pools, and beauty salons seldom get used by seniors in their golden years. This creates added cost but does not frequently provide a convenience.

The downside is that these high-end residences also charge standard fees that can be quite costly. Smaller residential assisted living offers affordable living expenses that can accommodate most seniors.

Small assisted living homes will make up for the posh amenities with tailored attention and comfort.

If we can be of help to you or your loved one, or to arrange a visit with us, please contact Dawn at 616-283-8345 or visit us at [www.dogwoodshores.org](http://www.dogwoodshores.org)