



Parkwood

A LIFE CARE SERVICES® COMMUNITY

A Guide For Caregivers

Supportive Assisted Living Offering Peace of Mind



THERE'S HELP OUT THERE

Becoming a caregiver doesn't come with a how-to manual. It can be overwhelming, especially if all of this is new to you.

If your spouse, parent or loved one needs Assisted Living, it can be tough to figure out the options—so we're here to help you with that.

What Is Assisted Living?

Assisted Living isn't just about meeting basic care needs. Today's Assisted Living communities have programs and staff that focus on the whole person. The focus is on what seniors can do—not limitations. Assisted Living communities offer many activities and ways for seniors to stay active and connected.

Assisted Living at Parkwood Healthcare includes:

- Nutritious meals each day
- Personal grooming
- Housekeeping services
- Medication management and administration
- Scheduled transportation



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5 BENEFITS OF ASSISTED LIVING

You or your loved one may have some anxiety about Assisted Living. But one way to reduce this anxiety is to focus on the positives. Here are the freedoms and benefits your loved one will be able to enjoy.

1. Access to health and wellness – From nutrition to exercise, Assisted Living gives your loved one access to key health resources. As a result, it's easier to embrace a healthy, active lifestyle.

2. Escape the dangers of isolation – There's always someone nearby or an activity to do. This allows the opportunity to find new interests or take up an old hobby.

3. Support for mental health – The connections provided within Assisted Living support mental well-being and provide programs to support cognitive function, keeping seniors engaged.

4. Relief from caregiving – Assisted Living benefits both you and your loved one by relieving the worry that comes with constant caregiving. Your loved one gets care from professionals who know how to meet his or her unique needs; **allowing you to step back into your role of loving spouse, child or grandchild.**

5. A new sense of peace – Above all, Assisted Living gives you peace of mind. Your family can enjoy time together -and apart- knowing your loved one is cared for and safe around the clock.



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CHOOSING THE RIGHT OPTION

How to Prepare for an Assisted Living Tour

While most tours are about an hour, you will want to get the most of your time. Use these tips for touring an Assisted Living community before, during, and after your tour to make sure you cover what's most important.

1. Discuss priorities with each other. Before you take a tour, make sure you're on the same page with your family. Making a list of must-have features or services will help everyone focus on their shared priorities during the tour.

2. Prepare a checklist to guide your tour. In the days leading up to your tour, you or your loved one may think of specific questions. Use the checklist on page 8-9 and add your custom questions to it. Bring your list with you and take notes.

3. Review amenities that may interest you or a loved one. These may include private apartment, 24/7 assistance with activities of daily living such as bathing, dressing and other personal care like medication management, personal laundry, linen and housekeeping services, etc.

4. Talk with residents and staff. Ask to hear from a current staff member, too.

5. Walk around the outdoor areas. These outdoor spaces are an essential piece of well-being and happiness in a community.

Schedule A Tour

You can schedule a visit of Parkwood Healthcare by calling (817) 354-6556.

Or book online at:
ParkwoodRetirementLCS.com



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ASSISTED LIVING AT PARKWOOD HEALTHCARE

At Parkwood Healthcare, your loved one can enjoy the independence and privacy of his/her own spacious studio, suite or one-bedroom apartment, each complete with a private bath and/or shower. Residents will feel right at home as we help them build friendships with other residents and take part in life enrichment programs that engage the body, mind, and spirit.



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ASSISTED LIVING

ALL-INCLUSIVE PRICING

At Parkwood Healthcare you can take comfort knowing that our community offers all-inclusive pricing. We simplified things, to make life easier on you.

The All-Inclusive rate means NO additional fees for level of care!

INCLUDED IN MONTHLY RATE:

- ✓ Private residence in a choice of floor plans
- ✓ Activities of daily living to include:
 - Assistance with bathing, grooming, dressing, toileting
 - Medication administration and management
 - One-person transfer
- ✓ Onsite nursing available
- ✓ Dedicated Assisted Living Director
- ✓ Personal laundry service
- ✓ Housekeeping service
- ✓ 3 meals daily in dining rooms
- ✓ Utilities including: basic cable, Wi-Fi/Internet, water/sewer, and electricity
- ✓ Caring and respectful care staff on site
- ✓ Full calendar of age-appropriate activities and events
- ✓ Scheduled transportation for medical appointments
- ✓ Emergency pull cord system in residencies

NOT INCLUDED IN MONTHLY RATE:

- Phone service
- Incontinence supplies
- Beauty/barber shop
- Pet fees

SCHEDULE YOUR VISIT TODAY

**Call (817) 354-6556 or book online at:
ParkwoodRetirementLCS.com**

ENHANCED ASSISTED LIVING

Enhanced Assisted Living at Parkwood Healthcare includes the amenities and services listed above and offers additional care at an all-inclusive Enhanced Assisted Living rate. This option is an alternative for residents whose care needs exceed what basic, traditional Assisted Living can meet, but who do not require 24-hour skilled nursing.

Enhanced Assisted Living services are provided at an all-inclusive rate and include:

- On-site nursing available
- Medication management, including administering injections
- Sliding scale diabetic management
- Chronic incontinence management
- Support for many other complex medical challenges and equipment



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FACTORS TO CONSIDER

When choosing a place of care for your loved one, there are a lot of factors to consider: staff, environment, programs, and the type of care residents receive. With a little preparation, you can get the details you need and make the most out of your visit. Below is a checklist to help you visit and select the right community.

FAMILY INVOLVEMENT

- Families are encouraged to participate in care planning
- Families are immediately informed of changes in resident's care needs
- Families are encouraged to communicate with staff
- Convenient visiting hours for families
- Medical care is provided

STAFFING

- Personal care and assistance are provided
- Planned activities take place 7 days per week (ask to see activity schedule)

PROGRAMS AND SERVICES

- Activities are available on the weekends or during evenings
- Activities are designed to meet specific needs, interests, and abilities
- Transportation is available for medical appointments
- Pricing: Is it all-inclusive or are services an extra charge?

YOUR QUESTIONS

- _____
- _____
- _____
- _____



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CHECKLIST CONTINUED

RESIDENTS

- Residents appear comfortable, relaxed and involved in activities
- Residents look happy

ENVIRONMENT

- Indoor and outdoor areas are clean, safe, and secure
- Common space for family visiting
- Residents are allowed to furnish and decorate their apartment

MEALS

- Three meals offered daily
- Food is appetizing (ask to see the weekly menu and join for a meal)
- Family and friends can join at mealtime





Discover Peace of Mind



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