



Assisted Living Resource Guide



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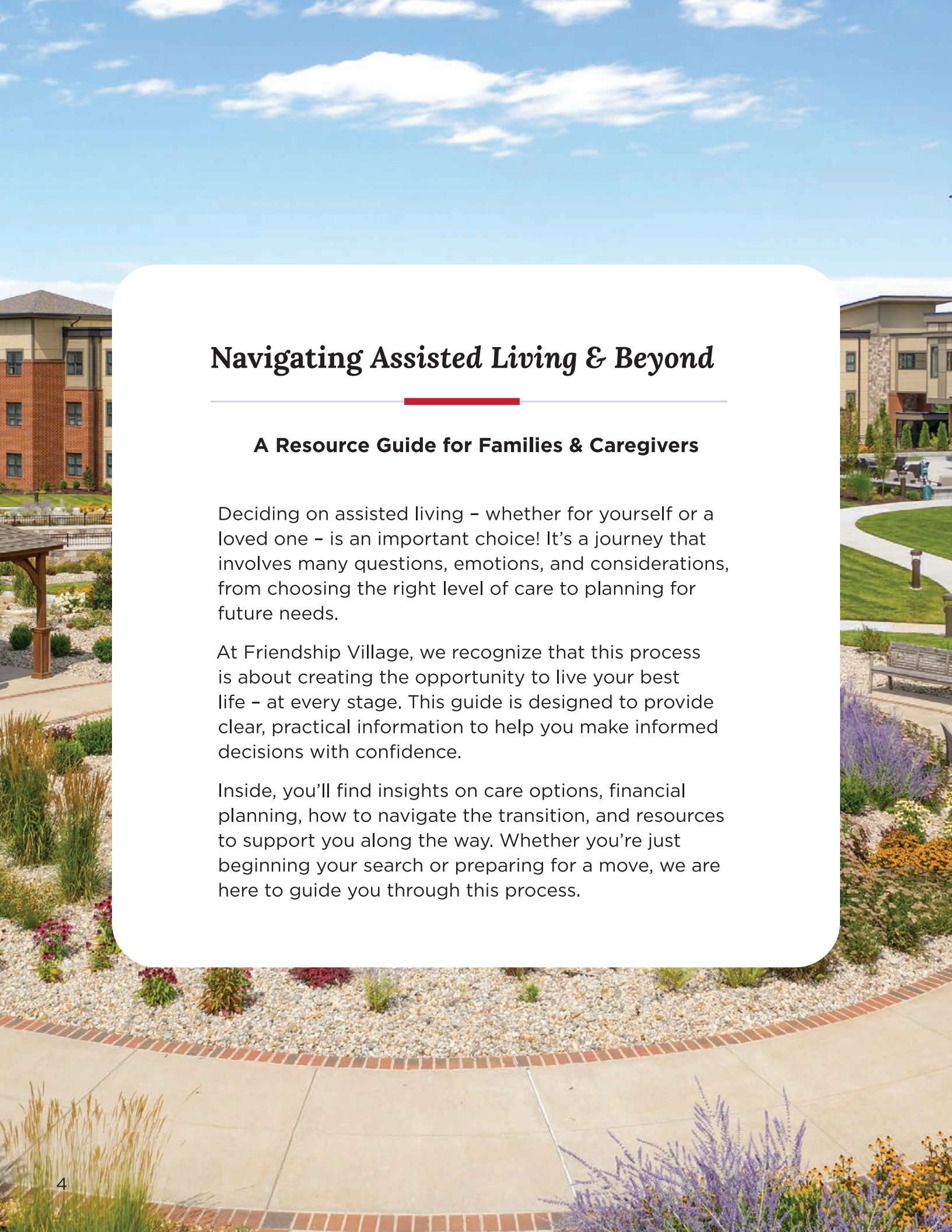
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Navigating Assisted Living & Beyond

A Resource Guide for Families & Caregivers

Deciding on assisted living – whether for yourself or a loved one – is an important choice! It's a journey that involves many questions, emotions, and considerations, from choosing the right level of care to planning for future needs.

At Friendship Village, we recognize that this process is about creating the opportunity to live your best life – at every stage. This guide is designed to provide clear, practical information to help you make informed decisions with confidence.

Inside, you'll find insights on care options, financial planning, how to navigate the transition, and resources to support you along the way. Whether you're just beginning your search or preparing for a move, we are here to guide you through this process.



About Friendship Village

Consider Friendship Village to be your guide as you navigate next steps for yourself or your loved one.

Friendship Village is a unique Life Care Community in St. Louis, MO that offers a full continuum of care

Including independent living, assisted living, skilled nursing, memory care, and hospice care – all on one resort-style campus.

Friendship Village has built the future of senior living! Our full range of services, including independent living, assisted living, memory care, and skilled nursing and rehabilitation are all on one campus so residents can stay in the same familiar community if their care needs change over time.

Our residents are able to enjoy their ideal lifestyle surrounded by our resort-style amenities and in the company of a vibrant community. Our team is committed to serving faithfully and with grace, to lift others up through physical, spiritual and emotional care.



Understanding the Full Continuum of Care

Finding the Right Level of Support for Every Stage of Life

As care needs evolve, having access to the right services ensures comfort, dignity, and security. Understanding the different levels of senior care can help families make informed decisions

Assisted Living: Independence *with a Helping Hand*

For seniors who need support with daily activities such as bathing, dressing, and medication management, assisted living provides personalized care while maintaining independence. Residents enjoy private apartments, social opportunities, and 24/7 assistance in a safe and welcoming environment.

Did You Know?

Studies show that seniors in assisted living often experience improved health, reduced stress, and greater social engagement compared to those living alone.

How do I know if assisted living is the right choice?

If daily activities like dressing, bathing, or managing medications have become challenging, assisted living can provide the support needed while maintaining independence.

What's the difference between assisted living and skilled nursing?

Assisted living offers personal care and support in a home-like environment, while skilled nursing provides 24/7 medical supervision for those with complex health needs.



Skilled Nursing & Rehabilitation

Medical Support When It's Needed Most

Skilled nursing offers 24-hour medical supervision for those recovering from illness, surgery, or managing chronic conditions. With on-site therapy and personalized care plans, it's a bridge to recovery and long-term well-being.

Did You Know?

Nearly 65% of seniors will require skilled nursing care at some point in their lives.⁴

Rehabilitation services, like physical and occupational therapy, can reduce hospital readmissions by up to 50%.⁵

24/7 skilled nursing care significantly improves recovery rates for post-surgical patients and those with complex medical needs.⁶

What is the difference between skilled nursing and assisted living?

Skilled nursing provides 24/7 medical care and rehabilitation for those recovering from surgery, illness, or managing chronic conditions. Assisted living focuses on daily living support but does not offer intensive medical supervision.

How long do people typically stay in skilled nursing?

Stays vary based on individual needs. Short-term rehabilitation stays can last a few weeks to a few months, while long-term skilled nursing is available for those with chronic medical conditions requiring ongoing care.

Who might benefit from skilled nursing care?

Skilled nursing is ideal for those recovering from stroke, surgery, fractures, heart conditions, respiratory issues, or other serious health concerns requiring medical supervision and therapy.



Memory Care

Specialized Support for Alzheimer's & Dementia

Memory care communities offer structured, secure environments with trained caregivers who specialize in dementia care. The focus is on safety, routine, and meaningful engagement, helping residents maintain their dignity and quality of life.

Did You Know?

Over 6.7 million Americans

are living with Alzheimer's disease, and this number is expected to **double by 2050**.¹

Memory care communities reduce **hospital visits and falls** by providing structured routines and enhanced supervision.²

80% of untrained caregivers for individuals with dementia report **high levels of stress**, making professional memory care a vital support option.³

What makes memory care different from assisted living?

Memory care offers specialized dementia care, with secure environments, structured routines, and trained care teams who understand cognitive decline. Assisted living provides general support for daily activities but may not include dementia-specific programming or safety measures.

How does memory care improve quality of life?

Memory care communities use personalized care plans, cognitive therapies, and structured activities to enhance well-being, reduce anxiety, and support independence.

How do I know when it's time for memory care?

Signs include increased confusion, wandering, safety concerns, difficulty managing daily tasks, personality changes, or caregiver burnout. If home care is no longer sufficient, memory care may be the best option.



Hospice & Palliative Care

Comfort, Compassion & Dignity

When curative treatments are no longer the focus, hospice and palliative care provide relief from pain and emotional support for individuals and their families. The goal is to enhance quality of life and honor personal wishes in a peaceful, supportive environment.

Did You Know?

Hospice care improves quality of life

by focusing on comfort, symptom management, and emotional well-being.⁷

Hospice patients

often live longer than those who do not receive hospice care, due to improved pain management and emotional support.⁸

Palliative care is not just for end-of-life—

it can be provided alongside curative treatments to manage pain and symptoms for serious illnesses.⁹

What is the difference between hospice and palliative care?

Palliative care focuses on relief from symptoms and stress of a serious illness at any stage and can be provided alongside curative treatments. Hospice care is for individuals with a life expectancy of six months or less when curative treatment is no longer pursued.

Does hospice mean giving up?

No. Hospice focuses on comfort, dignity, and personal wishes, ensuring individuals live as fully as possible during their remaining time. It provides pain relief, emotional support, and guidance for both patients and families.

How does hospice support families?

Hospice provides grief counseling, emotional support, and respite care to help families navigate this difficult time with guidance and compassion.



Finding the Right Level of Care

Choosing the right level of care for yourself or a loved one is an important decision. As needs change, different types of senior living communities provide support that enhances safety, well-being, and quality of life. Recognizing when it's time to transition and understanding the available options can help ensure the best possible care.

When Is It Time to Consider a Higher Level of Care?

Every individual's journey is unique, but there are common signs that indicate when additional support may be necessary



Difficulty Managing Medications

Missing doses or taking incorrect amounts can pose serious health risks.



Increased Risk of Falls

Frequent falls or trouble with mobility may require additional supervision and assistance.



Struggles with Personal Care

Bathing, dressing, and grooming may become challenging without help.



Unintended Weight Loss or Nutritional Concerns

Changes in appetite, difficulty cooking, or forgetting to eat may lead to malnutrition.



Social Withdrawal or Loneliness

Isolation can impact emotional and cognitive well-being, making social engagement vital.



Caregiver Burnout

Family members providing care may feel overwhelmed, stressed, or unable to meet increasing needs.

If you or a loved one are experiencing any of these challenges, a senior living community may offer the right balance of support and independence.

Which Care Level Is Right?

Every individual's journey is unique, but there are common signs that indicate when additional support may be necessary

Are daily tasks becoming difficult?

Assisted living provides support with activities of daily living (ADLs) like dressing, bathing, and medication management while maintaining a sense of independence.

Assisted Living

Is memory loss affecting safety & routine?

Memory care communities offer a secure environment with specialized dementia care, structured routines, and engaging activities designed to enhance cognitive function and well-being.

Memory Care

Is medical care needed daily?

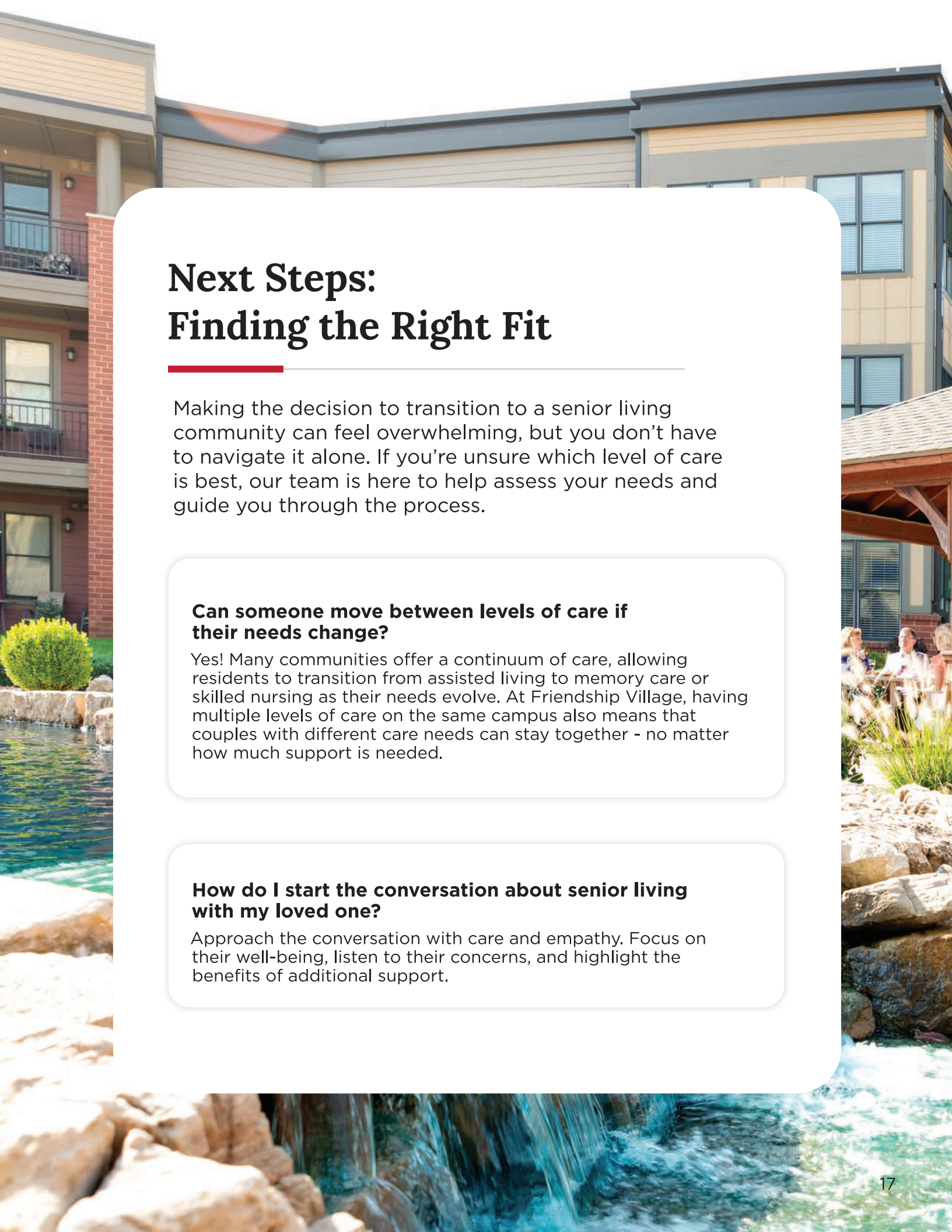
For those recovering from illness, surgery, or managing chronic conditions, skilled nursing provides 24/7 medical supervision, rehabilitation services, and personalized care plans.

Skilled Nursing & Rehabilitation

Is comfort & support the priority?

When curative treatments are no longer the focus, hospice and palliative care provide compassionate support, pain management, and emotional care for individuals and their families.

Hospice & Palliative Care



Next Steps: Finding the Right Fit

Making the decision to transition to a senior living community can feel overwhelming, but you don't have to navigate it alone. If you're unsure which level of care is best, our team is here to help assess your needs and guide you through the process.

Can someone move between levels of care if their needs change?

Yes! Many communities offer a continuum of care, allowing residents to transition from assisted living to memory care or skilled nursing as their needs evolve. At Friendship Village, having multiple levels of care on the same campus also means that couples with different care needs can stay together - no matter how much support is needed.

How do I start the conversation about senior living with my loved one?

Approach the conversation with care and empathy. Focus on their well-being, listen to their concerns, and highlight the benefits of additional support.



Overcoming the Emotional Hurdles of Moving to Assisted Living

For many seniors, the thought of moving into assisted living brings up a mix of emotions including uncertainty, fear, and even resistance. It's natural to worry about losing independence, adjusting to a new environment, or leaving the familiarity of home. However, assisted living is not about giving up freedom – it's about gaining the support needed to continue living a fulfilling and engaged life.

As loved ones, family members, and caregivers, it's important to approach these conversations with patience, understanding, and empathy. Rather than focusing on what may be lost, shift the discussion to what can be gained: safety, social connection, convenience, and peace of mind.

Why the Transition Can Feel Difficult

Many seniors hesitate to consider assisted living due to common fears and misconceptions. Understanding these concerns can help you address them with compassion

Fear of Losing Independence

Many worry they will no longer be in control of their daily routines or decisions. In reality, assisted living provides freedom while offering support when needed.

Uncertainty About a New Environment

Leaving home after many years can be emotionally challenging. However, modern assisted living communities offer welcoming, comfortable spaces designed to feel like home.

Concerns About Cost

Assisted living is an investment, but it also eliminates home maintenance costs, utilities, and the need for in-home care, often making it more financially manageable than expected.

Not Wanting to Be a Burden

Many seniors worry about burdening their family members. Reframing the conversation around their well-being and quality of life can help ease these concerns.

Approaching the Conversation with Care

Bringing up the idea of assisted living can be delicate. Timing, tone, and language all matter. Here are a few key strategies

Choose the Right Moment

Find a calm, unpressured time to have the discussion, rather than during a moment of crisis.

Listen to Their Concerns

Acknowledge their feelings and fears rather than dismissing them.

Highlight the Benefits

Frame assisted living as a positive change that offers support, social opportunities, and peace of mind.

Involve Them in the Process

Encourage your loved one to be part of the decision-making process by visiting communities together and asking for their input.

Helpful Conversation Starters

If you're unsure how to begin, these gentle prompts can open the door to a meaningful discussion

"I've noticed you seem a little more tired lately—wouldn't it be nice to have help with some daily tasks?"

"What do you think about a place where meals, activities, and care are all available if you need them?"

"Would you be open to touring a few places to see what's out there?"

By framing the conversation around their comfort, safety, and happiness, you can help make the transition feel less overwhelming.

How can I help my loved one adjust once they move?

Encourage them to get involved in activities, personalize their new space, and stay connected with friends and family. Many communities offer welcoming programs to help with the transition.

What if my loved one refuses to consider assisted living?

Start with small conversations and allow time for adjustment. Visiting a community together can often change perceptions and ease concerns.



Planning for the Future: Paying for Assisted Living

Understanding Costs, Coverage & Options

Senior care is an investment in safety, comfort, and well-being. Planning ahead ensures families are prepared for potential expenses and have access to available resources.

What Does Assisted Living Cost?

Assisted living costs vary based on location, care needs, and amenities. Most communities offer all-inclusive pricing or tiered care plans to fit different budgets.

Key Cost Factors

“I’ve noticed you seem a little more tired lately—wouldn’t it be nice to have help with some daily tasks?”

“What do you think about a place where meals, activities, and care are all available if you need them?”

“Would you be open to touring a few places to see what’s out there?”

How to Pay for Assisted Living

Long Term Care Insurance

Covers a portion of care costs based on policy details.

Veterans’ Benefits

The VA’s Aid & Attendance benefit may provide financial assistance.

Medicaid & State Programs

Some states offer coverage for eligible individuals.

Personal Savings & Home Equity

Some states offer coverage for eligible individuals.

Tip: Discuss financial options early to avoid last-minute decisions. Many communities have financial advisors who can guide families through the process.



Legal Representation

Protecting Rights and Interests in Assisted Living

Navigating the world of assisted living can be complex, especially when it comes to understanding legal rights and responsibilities. Legal representation plays a crucial role in ensuring that seniors and their families are informed, protected, and supported throughout the transition and residency in an assisted living community.

Why Legal Representation Matters

Engaging legal representation can provide peace of mind and clarity on several key issues, including:

Contracts and Agreements

Assisted living facilities require residents to sign contracts outlining services, fees, and responsibilities. An attorney can review these agreements to ensure they are fair, transparent, and in the resident's best interest.

Rights of Residents

Residents have specific rights that must be upheld by the assisted living community, including the right to dignity, privacy, and quality care. Legal counsel can help ensure these rights are respected and protected.

Dispute Resolution

If conflicts arise between residents and the community, having legal representation can provide guidance and support in resolving these issues amicably and effectively.

Estate Planning and Advance Directives

Legal representation is essential for developing comprehensive estate plans and advance directives that ensure a senior's wishes are honored regarding medical care and financial matters.

Key Considerations When Seeking Legal Representation

When looking for an attorney to assist with assisted living-related matters, consider the following:

Experience with Senior Care Law

Choose a lawyer who specializes in elder law or senior care to ensure they understand the nuances of assisted living regulations and resident rights.

Accessibility and Communication

It's essential to find a lawyer who is approachable and willing to take the time to explain complex legal terms and processes clearly.

Reputation and Reviews

Look for attorneys with positive reviews from other clients, particularly those who have navigated assisted living legal matters.

What is elder law, and why is it important?

Elder law encompasses legal issues affecting seniors, including estate planning, guardianship, healthcare decisions, and rights within assisted living facilities. It is essential for protecting the rights and interests of older adults.

How can an attorney help with the transition to assisted living?

An attorney can review contracts, ensure residents' rights are upheld, assist in dispute resolution, and help with estate planning to ensure that the individual's wishes are honored.



Making the Transition

Moving with Confidence & Peace of Mind

Moving to assisted living can be one of the most significant changes in a senior's life, especially after many years in a familiar home. While leaving behind a long-time residence can be emotional, with the right planning and support, this transition can become a positive and fulfilling experience. Here are some tips and strategies to help make the move smoother and more manageable.

Preparing for the Move



Tour Multiple Communities

Take the time to visit several assisted living communities to find the one that best fits your needs and preferences. Each community has its unique atmosphere, services, and amenities. Touring in person allows you to ask questions, observe daily activities, and get a feel for the environment.



Downsize Thoughtfully

Moving into a new space often means downsizing belongings. Consider what items are essential and meaningful. Bring familiar pieces like your favorite chair or decorations that evoke cherished memories. This can help create a warm and welcoming environment that feels like home.



Meet the Staff & Neighbors

Building relationships with the community staff and future neighbors is crucial. Attend community events or participate in introductory meetings to help foster connections before the move. Knowing who will be providing care and companionship can ease anxiety and create a sense of belonging.



Create a Moving Timeline

To reduce stress, develop a detailed timeline that outlines each step of the moving process. Include tasks such as sorting and packing belongings, scheduling moving day logistics, and arranging for utilities to be set up in your new home. A well-organized plan can help keep you on track and ensure nothing is overlooked.

What to Bring to Assisted Living

When moving into assisted living, it's important to bring items that will help make the new environment feel familiar and comfortable. Here's a list of essential items to consider:

Favorite Chair or Décor Items

Personal touches, such as beloved furniture or decorative items, can make the new space feel more like home and provide comfort during the transition.

Items to Make it Feel Like Home

Having familiar essentials on hand can help you settle in more comfortably. Focus less on getting rid of clutter, and more on what will help your new space feel like home.

Family Photos & Keepsakes

Bringing cherished family photos and keepsakes can help you create a warm atmosphere and remind you of the love and support from your family, making it easier to adjust to the new surroundings.

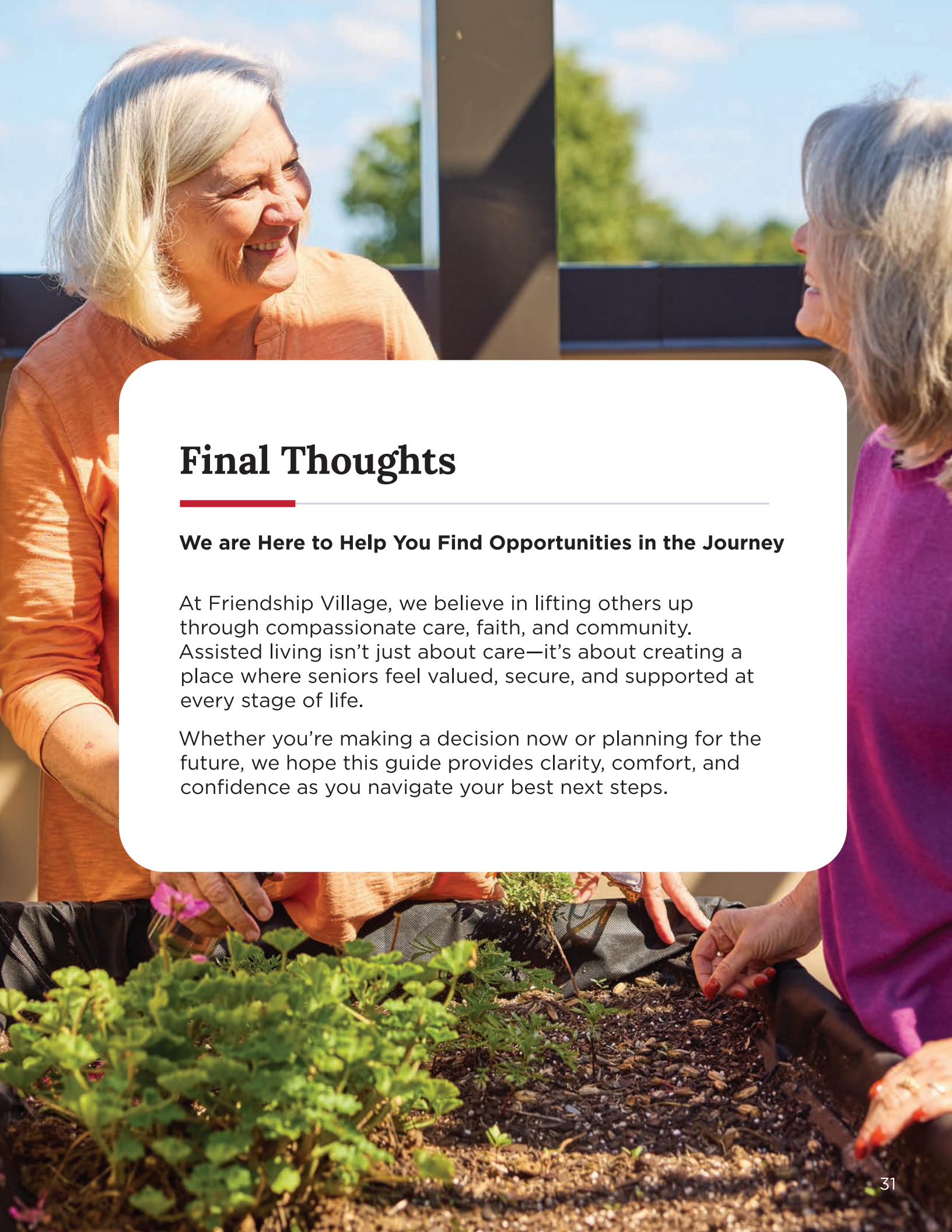
Important Documents & Medical Records

Ensure that all essential documents, such as identification, medical records, and legal papers, are organized and easily accessible. This will facilitate smooth communication with the staff and help them provide you with the best care possible.

A photograph of an older man with thinning hair, wearing a plaid shirt, smiling broadly while sitting at a dining table. In the foreground, the hands and arms of other people are visible, suggesting a social gathering. The table is set with a white tablecloth, a blue napkin, a glass, and some papers. A vase with white tulips is on the right. The background shows a window with blinds and blue curtains.

Settling In

The adjustment period may take time, but with each passing day, you'll begin to feel more at home. Take advantage of social activities, community events, and support services offered at your new residence to build friendships and establish connections. Remember, the friendships, support, and care you receive will make all the difference in embracing this new chapter of life with confidence and peace of mind.



Final Thoughts

We are Here to Help You Find Opportunities in the Journey

At Friendship Village, we believe in lifting others up through compassionate care, faith, and community. Assisted living isn't just about care—it's about creating a place where seniors feel valued, secure, and supported at every stage of life.

Whether you're making a decision now or planning for the future, we hope this guide provides clarity, comfort, and confidence as you navigate your best next steps.

