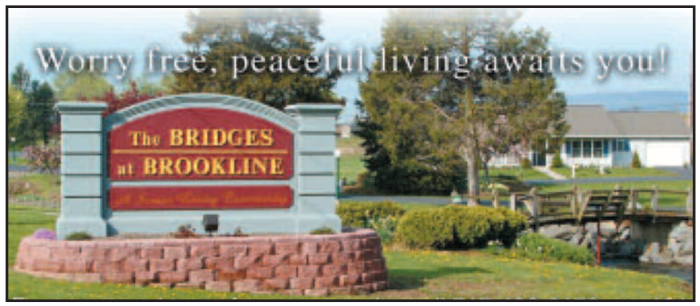
CONSUMER HOW-TO

Choose a Continuing Care Retirement Community.

Brookline
A CONTINUING CARE RETIREMENT COMMUNITY

- Independent Living
- Assisted Living
- Skilled Nursing
- Rehab

In this topsy-turvy world, peace-of mind when it comes to health and retirement decisions is something very desirable. Choosing the right Continuing Care Retirement Community can make that peace-of-mind a reality, because they offer distinct levels of care that fit the needs of the resident. One benefit is that residents can enjoy their retirement years free of the worries that go along with keeping up a home.



Maintenance-free living is a part of the active lifestyle that must be considered when choosing a retirement community. A Continuing Care Retirement Community is desirable if it will work with the resident should their healthcare needs change and gives residents priority admission to other levels of care within the community.

The most important consideration is what is offered at a Continuing Care Retirement Community. Do they offer these key options: SKILLED NURSING, REHABILITATION, ASSISTED LIVING, and INDEPENDENT LIVING?

SKILLED NURSING

This should be available for both long-term and short term residents. 24-hour care provided by a licensed nursing staff and certified assistants brings peace-of-mind for residents and their families. Specialized services should be provided as ordered by a doctor. Review the facilities State and/or Federal survey outcomes and inquire about the facilities return hospitalization rate and how the facility manages residents of high acuity.

REHABILITATION/THERAPY SERVICES

Therapy services are designed for the individual who is medically stable and no longer requires hospitalization but may not be medically or physically able to return home. After suffering a change in health, many people need therapies such as physical, occupational and/or speech therapy along with nursing care. Find out if they offer "State of the Art" physical, occupational and speech therapy programs onsite? Some facilities offer Short Stay Rehabilitation for those who will be able to return home.

ASSISTED LIVING

This is the perfect option for those who could use a little help with their everyday needs, and should be tailored to fit the individual. You should become informed about the amenities and services offered. What kind of private and semi-private rooms are offered? Is assistance with dressing and bathing, as well as medication management available? What activities will be offered? Ask about safety features and whether an emergency call system is available. Assisted living at a Continuing Care Retirement Community is perfect for the person needing some structure and supervision to their daily routine yet desiring the freedom to be an active member of the campus.

INDEPENDENT LIVING

Independent residential dwellings are perfect for the couple, or person, desiring to retire in a secure community yet eager to enjoy all the pleasures of an active lifestyle. Do they offer varying floor plans? Are there up-front costs involved? Ask if the facility offers an investment option that allows for rent reductions on a monthly basis. Here are some features and accommodations to ask about when considering INDEPENDENT LIVING: Central Air, Appliances, Emergency Call System Response, Storage Areas, Lawn and Landscape Care, Private Porch or Deck, General Maintenance, Campus Transportation and delivering of home-cooked meals when necessary. When considering all these options, look for a Continuing Care Retirement Community that will allow the resident to have a voice in the operation and activities offered. Schedule time to walk the campus, so that you can find a place you can truly call home!

If you have questions about any of these options why not call Brookline, located in beautiful Juniata County. They are an accredited Continuing Care Retirement Community, that focuses on providing their residents with dignity, respect and freedom. Contact them at 717-436-2178 or visit Brookline for more information.

717-436-2178
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