

## Retirement Residences Oakville

Retirement Residences Oakville - Entering into a new phase of life, particularly one which involves such drastic changes as in moving into an assisted care facility, can be really stressful. Much of what one's lifestyle will look like in the future is unknown and could result in high levels of fear and resistance against moving into an assisted living situation out of one's house.

Each and every potential resident should be assessed prior to moving into an assisted living facility to ensure that the individual's present needs could be met and that the facility is suitable. Fees for assisted living are usually determined by a base rate plus fees for required services. At times there is a fee per service, which is simply added to the resident's monthly bill. Other times there might be a flat rate per month based on the level of assistance that was determined during the initial assessment. Assistance services often include things like for instance help with grooming, toileting or bathing, getting dressed, management of the individual's medications and assistance with transfers.

When looking for an appropriate facility, make sure to schedule for a short term visit before committing. This is the only way to get an idea of what life would be like within the community or facility. It not possible to experience all aspects of the community from a short term visit, but it is the best way to get a general sense of the environment and whether or not the facility would remain on the list of candidates.

It is a great idea to research the huge range of amenities and services offered by assisted living facilities. This could help individuals know if what they provide will meet their requirements and desires. Furthermore, the needed level of assistance at every stage of life could change, so looking for a facility which could adapt to potentially changing requirements is ideal. Although not as common, facilities do exist which offer assisted living as well as nursing care. These are generally called continuing care facilities and they are a good option for individuals who would not like to move into entirely different facilities each time their level of need increases.

Assisted living facilities differ greatly in the number of residents, type of housing, amenities, and services that they offer. Residents can reside in separate homes, or they could live in apartments which may be studios, two bedroom, or one bedroom units. In assisted living facilities residents are able to leave and enter the facility whenever they wish. Though some units might have small kitchenettes utilized for preparing simple meals and snacks, meals are usually served in shared dining halls and residents usually have a choice of meals from a menu. Assisted living facilities have other common areas like for instance activity rooms, fitness centres, libraries, pools, and even hair salons. Having a lot of common places encourages residents to be more social with each other. Visitors are allowed and are usually required to simply sign in at the front desk. Beyond normal business hours doors may be locked, so visitors might have to be let in by security.