

Assisted Living is About Choice

It's all about choice. Isn't that what we all want, young and old? Assisted living is just that - as much independence as you want - still knowing that personal care and services are available when they're needed. First and foremost, assisted living residences promote independence and dignity. But as we grow older, we may need assistance with our everyday lives. Assisted living residences provide meals, housekeeping, laundry and medication management.

Also important, residents have a chance to be with others. As one assisted living resident explained, "I was living with my daughter and son-in-law. They both worked so I was alone all day. Now if I want to be around people, I can. Or if I want to be alone to just sit and read my book, I can. That gives me a great choice."

What are they? There are different kinds of assisted living residences. They range from a small personal care homes with just a few residents, to "continuing care retirement communities" where people can move from complete independence to higher levels of care as they age in place. People in

assisted living are generally able to take care of themselves. They just need a little extra help. Assisted living residences are licensed by the state health department and receive regular assessments of levels of safety, care and services.

How much do they cost? Most assisted living residences charge a monthly fee. There may be additional costs for special services. Monthly fees range from \$2500 to \$5000 depending on the level of care and accommodations provided. Assisted living is typically paid for by the resident or families. Some long-term care insurance policies pay for assisted living. In Colorado, Medicaid Waivers are also available to help with costs for those who qualify.

Assisted living in Denver County? Located in Lower Downtown Denver, the Barth Hotel and Park Hill Residence, located near the Denver Zoo offer affordable assisted living services while providing a high quality of care. Both owned by Senior Housing Options, a nonprofit organization providing low income housing for seniors and disabled adults in Colorado for over 30 years.

Both residences encourage personal independence and choice yet offer a sense of safety and well-being. Personalized service is offered by caring and experienced staff who are there 24 hours a day. Both are certified to accept Medicaid reimbursement. The Barth's urban location offers many amenities and activities not often found assisted living communities. Residents enjoy sports events, theatre, shopping, restaurants, and close access to other city attractions. Private rooms are a premier feature of this historic building.

Park Hill Residence is located in a quiet neighborhood setting with 36 private and companion apartments. Features include: beautiful grounds, electronic medication system, large yard and garden area and a cozy family atmosphere. Renovations were recently completed to give even more modern amenities to our residents.

For more information, please call Senior Housing Options Housing Line at 303-595-4464 Option 5, stop by for a tour, or visit www.seniorhousingoptions.org to learn more.