

HOW DO I KNOW IF ASSISTED LIVING IS RIGHT FOR ME OR MY LOVED ONE?

If you or your loved one are wondering if assisted living would be a good choice for you right now, here are a few thoughts to consider.

- Do I feel lonely most of the day?**
Enjoy meeting new neighbors and participating in many opportunities to interact with others.....or even just know that others are around if you aren't one to socialize much.
- Am I skipping grocery store trips to minimize my exposure to the coronavirus, leaving me feeling hungry or unsatisfied?**
Enjoy the opportunity to safely and easily eat 3 nutritious meals each day...what you want to eat and when you want to eat it!
- Am I postponing medical appointments or check-ups because I am worried about the chance of being exposed?**
Our staff can make the phone calls, share the information, and even conduct the virtual appointment with you and your doctor if an in-person visit is not recommended.
- Do I feel nervous about going out to enjoy my favorite activities like church, taking a walk, or playing a game?**
At Prairie Homestead, our staff is dedicated to finding ways to keep the day fun, purposeful, and our residents connected. We have weekly Bible study, hymn sing, and church service provided in a safe way. We can even help you watch your church service on a huge tv screen! Enjoy our beautiful outdoor courtyard or participate in daily exercise. Each day, there are multiple planned activities but always the opportunity to suggest something new and staff will make it happen!
- Am I stressed about the coronavirus precautions or confused about the guidelines I hear on the news every day?**
Our team gets updates and recommendations from local and state agencies regularly. It's our job to know what's happening and to keep you informed.
- I don't understand the difference between assisted living and a nursing home.**
At Prairie Homestead, our residents enjoy a beautiful apartment with their own private bath and kitchenette. Homelike common areas (hearth room, dining room, and private dining room) allow for social distancing without feeling secluded. Assisted living offers extra support for care needs so seniors remain as independent as possible. Our team focuses on overall wellness with a proactive approach to keep our seniors as healthy as possible. At Prairie Homestead, our team are experts at providing the right amount of care and support to keep residents independent, healthy and happy.
- I am nervous about being secluded when I first move in.**
Part of the Prairie Homestead coronavirus plan is to follow the Kansas Department of Aging and Disability Service's recommendations. With the vaccination now available, restrictions are being loosened but each situation is handled individually. Visitation opportunities may also be available if a 14 day room holiday is required. New residents will always experience our best service including one to one attention from staff, special deliveries from new neighbors, and much more! Prairie Homestead is proud to share that our residents have remained safe and COVID free for the entire year!

*If you checked one or more of these boxes feel free to call Yvonne at (316) 263-8264.
We'd love to help you through this process!*

SENIOR CONCERNS AND ASSISTED LIVING SOLUTIONS FOLLOWING A YEAR OF THE COVID PANDEMIC

CONCERNS EXPERIENCED AT HOME

Savvy seniors were quick to follow the advice to stay at home as much as possible.

With isolation came:

- Increased feelings of depression and anxiety
- Increased cognitive declines
- Decreased immune systems

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SOLUTIONS ASSISTED LIVING PROVIDES

Prairie Homestead residents are surrounded by friends and staff.

- Engaging conversations throughout every day
- Purposeful programs always available
- Numerous opportunities to develop peer to peer relationships

Seniors living alone often experience a decline in

the desire to cook or even eat.

With isolation came:

- Decrease in grocery store trips
- Increase in purchasing processed foods
- Decrease of nutritional health

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Prairie Homestead residents receive 3 nutritious meals plus snacks every day.

- Restaurant style dining gives choice and variety
- Food is nutritious but more importantly delicious
- Sharing a meal with neighbors improves the appetite and overall experience

Feeling they needed to minimize exposure, seniors delayed preventative and routine medical visits. With isolation came:

- Decrease in caregiver or home health services
- Medications allowed to run out
- Increase in serious health incidents and falls

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Prairie Homestead's dedicated staff are committed to keeping our residents healthy and safe.

- Consistent staffing minimizes outside exposure
- Medication management ensure health is maximized
- In person or virtual doctor appointments easily managed
- Zero positive resident cases this past year
- affirms staff commitment to health and safety