

Independent Care

How the quality of life is expanded within independent living

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Introduction

Brightview Senior Living has a mission to follow the acronym of PIC, standing for Possibilities, Independence, and Choice. The goal is to create an environment where all residents can enjoy their lives full of possibilities, independence, and choice, regardless of their cognitive or physical abilities. This mission focuses on what the residents can do, rather than what they can't. At Brightview, the aim is to provide residents with freedom to live independently, enabling them to choose for themselves what they are able and choose to do. Additionally, Brightview strives to empower residents to make their own decisions, both big and small. In essence, Brightview wants to treat them as adults, with dignity and respect.

Some examples:

- Beverages are never pre-poured, even when a resident makes the same choice each day. Brightview allows residents the freedom to make that choice or to choose something different.
- Residents are encouraged to choose their seating time and location.
- Always ask for cooking/temperature options and offer condiment choices (e.g. extra sauce, no sauce, sauce on side).
- All-day dining is available with limited options and allows the resident to eat when and how he/she wants.
- We encourage, but never require, residents to participate in activities and events, including Wellspring Village residents.



Literature

Engaging activities can minimize social isolation, improve mental and physical health, and dramatically lower hospital visits for assisted living residents. By increasing strength, flexibility, and general fitness, these exercises can lower the chance of falls and other accidents. They also promote good habits and regular exercise, which aid in the management of chronic illnesses. Furthermore, social and cognitive activities help maintain overall health stability by preventing mental health problems like anxiety and depression. (SeniorLiving.org. 2024, April 5)

Massachusetts offers a variety of senior living communities and housing options. It covers various types of senior living arrangements, including assisted living, independent living, and memory care facilities. The guide includes information on the amenities, services, and costs associated with these communities, as well as advice on how to choose the right living situation for seniors. Additionally, it offers resources and tips for families and caregivers to make informed decisions about senior care in Massachusetts. (SeniorLiving.org. 2024)

Important statistics on the assisted care sector are outlined in the Forbes article (2024, February 8) Over 800,000 individuals are housed in over 30,500 assisted living facilities in the United States as of 2024, with an occupancy rate of 83.2%. The average monthly cost of assisted living varies somewhat by state, but it is \$4,774. The industry has trouble filling positions due to a 41.1% personnel turnover rate. Furthermore, about 42% of people suffer from dementia or Alzheimer's. This relates to this project due to the fact that most residents have these underlying problems, requiring that they need assisted or independent living rights, (SeniorLiving.org 2024)

Objectives

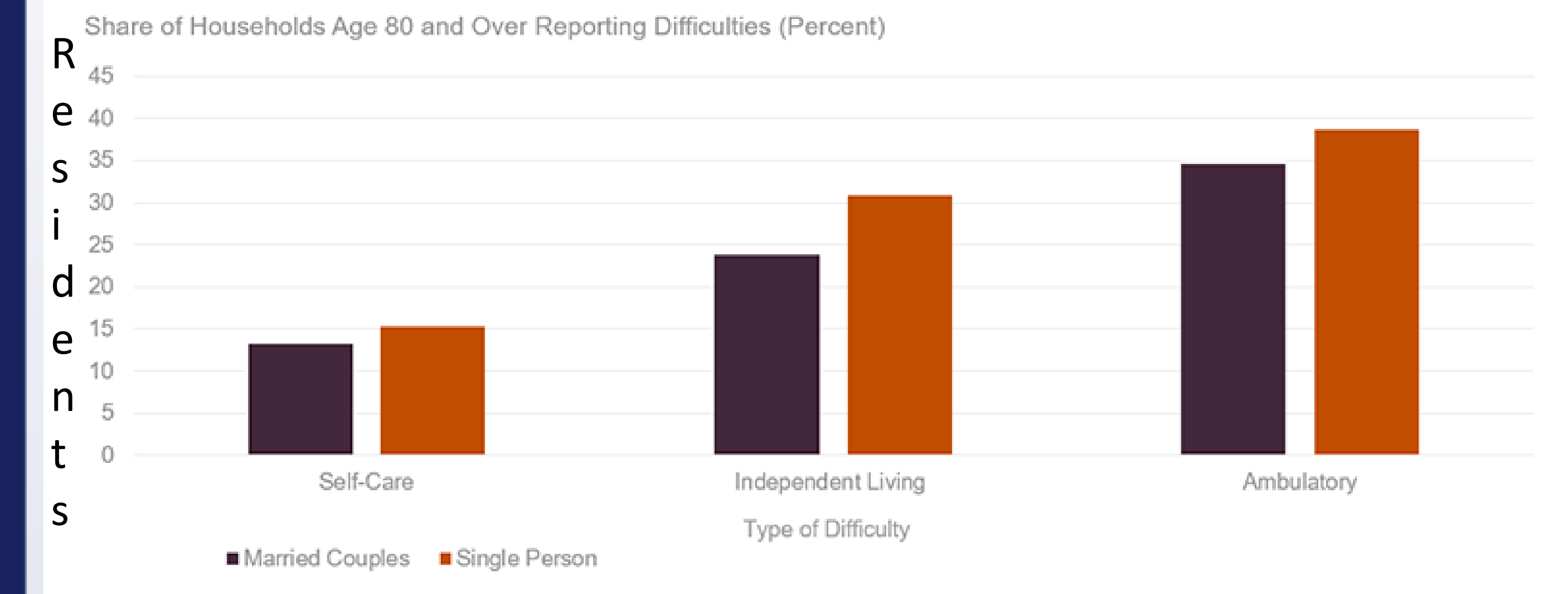
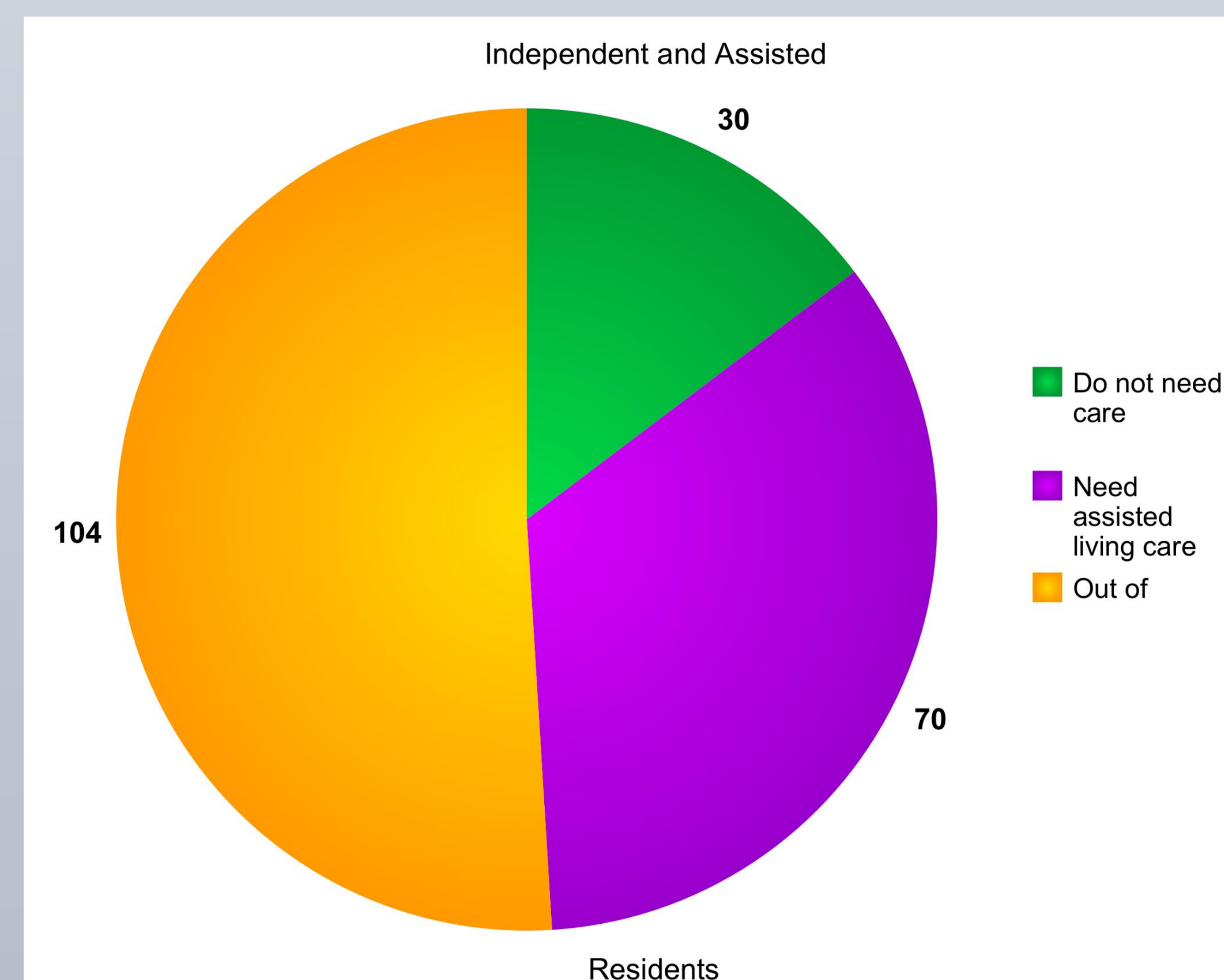
To review the importance of independent care and how it provides a better quality of life in senior living facilities, and to examine the percentage of those who succeed with positive independent living compared to those who live under assisted care.

Methodology

The data below identifies percentage of residents who do not require care and those who do require assisted-living care.

Overall 30% of residents do not require care and 70% require care out of 104 residents.

To determine whether independent residents required care, the following tasks are examples of what was considered: pouring a drink, carrying a chair, or simply needing an extra item to help them serve themselves more comfortably.



This data was collected by tallying up all the residents within the past year through a review of their files. The orange bar indicates the number of residents that live in independent living from when they first came into the facility and their ability to be mobile and take care of themselves. The purple bar indicates married couples who have come in and abide by the same type of difficulties as independent but with aid.

Conclusions

In order to enable older people to live independently and safely, it is necessary to provide them with the necessary resources, including healthcare, community support services, and accessible housing. The advantages of living independently allows residents to live a better quality of life, as it substantially enhances the mental, emotional, and physical health of senior citizens.

References

Hipp, D. (2024, February 8). *Assisted living statistics and facts in 2024*. Forbes. <https://www.forbes.com/health/senior-living/assisted-living-statistics/>

Hoyt, J. (2024, March 12). *Advice & Resources for caregivers and seniors*. SeniorLiving.org. <https://www.seniorliving.org/>

Acknowledgements

I would like to say thank you to my site supervisor, Laurie Nickerson for all the her help and support during this internship and all she has done to inspire me.