



# Youville House Youville Place

## Assisted Living Residences

Get fit. Stay sharp. Age well.

### Assisted Living... Part of the Rehabilitation Continuum

Seventy-six year old Jane M., a former teacher and lifelong resident of Lexington, was enjoying her retirement years, visiting grandchildren, volunteering and even going to the health club several times a week. Suddenly, she developed pneumonia and nearly died. This sudden turn of events seemed to come out of the blue.

She survived, but this once vital woman is now reliant on a walker and assistance with personal care. Returning to her home after her hospitalization was not an option. Similarly, ninety-two year old Richard S. of Arlington, fell at home and found himself swept into the medical maze of emergency rooms, acute care, and then, a stay in a rehabilitation hospital. Although he made progress, after several weeks he was told he could not return home alone.

Jane and Richard are not unusual. Unfortunately, a devastating illness and/or the effects of aging can limit discharge options after a traumatic event and subsequent rehabilitation.

#### Creating Positive Outcomes

While these stories sound dramatic, they are all too common. In both of these cases the final outcomes were positive. The case managers who worked with both Jane and Richard and their families, suggested that assisted living could be an important next step in their rehabilitation continuum. As an alternative to returning home, assisted living would allow them to continue their healing process in a safe, supportive community. Personal care assistance, meal preparation

and medication reminders would all be in place. In addition, they would have access to any additional skilled care services that can be brought into the home.

#### Options

Jane opted for a short-term stay at Youville, and moved into a fully furnished apartment, relieving her and her family of the stress of planning a move. This allowed an easy transition from the institutional environment of the rehabilitation facility where she had spent over six weeks, to a warm, residential community, and afforded her as much independence as was possible. Her daughters were able to remain in an emotional support role instead of becoming care providers. It also gave Jane the opportunity to be actively involved in the choice to remain in assisted living, should she decide to extend her stay.

Richard, who had been struggling at home on his own, knew that assisted living would be a logical next step, and opted for a long term stay. He is now a regular in a daily exercise class, and recently joined a writing group. His success has been due in part to

*“We see positive outcomes when patients use assisted living as a “bridge” before returning to their original home situation. It’s a solution that offers immediate and comprehensive resources.”*

*Rehab Case Manager*



Physical



Cognitive



Nutritional



Spiritual

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the many new friends he has made. A balanced diet has helped him gain weight, and by attending the many available exercise programs, he continues to improve his strength and balance.

## Responding to Families in Crisis

In most cases, a move to assisted living is a process planned over several months. Families often visit several residences and a prospective resident has the opportunity to choose an apartment that suits them, furnishing it with their own cherished belongings.

*“We weren’t sure what to do when our father was ready for discharge. We knew if he went home alone he would be at risk, just as he had been before his fall. A short-term stay in assisted living gave him a chance to be a part of the final decision — which he made willingly once he had tried it out.”*

*Family member*

There are times though, when assisted living can provide an immediate solution in a crisis. Youville House in Cambridge, and Youville Place in Lexington, are responsive to individuals in crisis, and are able to provide housing and services that will keep them safe. Both Jane and Richard moved into fully furnished apartments. For Jane, it allowed her time to decide if assisted living was the choice she’d like to make for the longer term. For Richard, it allowed him time to plan and coordinate bringing in his own furnishings, and putting his home on the market.

Assisted living at Youville introduces a whole new chapter in the life of a resident and their family. Families find their loved ones happier and healthier than they’ve been in years as they experience the unexpected pleasure of making friends, meeting caring staff and being an important member of a warm and welcoming community.

Youville Assisted Living Residences are committed to offering each resident the highest quality care and support, and to ensure that each resident is treated with respect, compassion and kindness every day.



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Youville House and Youville Place Assisted Living Residences are not-for-profit and members of Covenant Health Systems, a Catholic, multi-institutional health and elder care organization serving New England.

Youville House, located in the heart of Cambridge, and Youville Place, located close to Lexington center, have provided values-based assisted living options to the community for over twelve years. Offering both short and long term residence combined with services, these vibrant communities provide a unique combination of comfort and social support. Seniors enjoy residence in an energetic community, while taking advantage of the dining, housekeeping and personal care services available.

**For more information about either short term or long term residency options at Youville House in Cambridge, or Youville Place in Lexington, contact Dinah Olanoff, Director of Marketing & Communications. Call 617-491-1234 or email at [info@youvilleassistedliving.org](mailto:info@youvilleassistedliving.org)**

**YouvilleHouse**  **YouvillePlace**  
Assisted Living Residences

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