

When is the right time to consider assisted living?



A helpful guide to
taking the next step.





When is the right time to think about making the transition to an assisted living residence?

We hope this simple guide will help answer many of the questions you and your family may have about making that decision. By using the checklists we have provided, you may be able to determine if this is the right time for assisted living.

It is not unusual for an older person to want to stay in their own home amid familiar surroundings. There is an emotional attachment to the home, but over time, stairs or household chores can become overwhelming. The fear of being alone or of falling can create anxiety.

With the onset of increasing frailty or illness, staying at home may no longer be a safe option without additional support. Often, this support comes from family and friends. While family is often willing to do whatever is necessary, even the most loving family and friends can find the caregiving role stressful and exhausting.

“We were at mother’s house all the time, and yet, she would continue to call, asking why we didn’t visit. It wasn’t until mother went to live at Youville that I understood. We were with her often, but, to my mother it was never a visit. We did her laundry, prepared her meals, managed her medications and planned doctors’ appointments – but we never just visited. Now we can, and I haven’t seen my mother as happy in a long time.”

Older people living by themselves can easily become isolated and lonely. Research points to a clear connection between the lack of social and mental stimulation and cognitive decline in seniors.

Family and friends can provide support for personal care needs, but there is no replacement for a rich social life, or the benefits attributed to participating in stimulating activities.

Our Residents don't worry about preparing meals, keeping up with housekeeping, yard work, or managing icy sidewalks.

Moreover, they know they can count on us to remind them to take medications and to get them to appointments. This frees them up to spend time doing more of what they like to do.

Family and friends are greatly relieved knowing their loved one is part of a community that engages them, as well as provides important services.



“We tried having my father live with us. Dad would just sit in front of the TV. Then, when we would come home after work and school, he had a hard time really interacting with us. Youville has been like a miracle for my father. Now I often see him laughing and talking with new friends. It's like he has his life back.”

Call to schedule a visit
Cambridge 617.491.1234
Lexington 781.861.3535

Would you or a loved one benefit from assisted living?

Youville not-for-profit assisted living residences, located in Cambridge and Lexington, help families answer this question every day.

The following checklists may help you decide. If you select one or more choices from each category, there is a good chance that assisted living would provide much needed assistance and support.

Do you or a loved one rely on outside support for:

- grocery shopping
- meal preparation
- housekeeping
- laundry
- medication management
- transportation
- bill paying
- safety checks
- managing household chores and property upkeep

Are you or a loved one:

- increasingly isolated or anxious
- developing mobility issues
- at risk for falling
- concerned about forgetfulness
- eating poorly or skipping meals
- having difficulty with dressing or bathing

Would you or a loved one benefit from:

- a more social environment
- regular activities and programs
- the opportunity to host guests for meals and visits
- transportation to appointments
- a daily exercise class
- a less stressful lifestyle
- in-house health care options

Do the answers surprise you?

Youville assisted living residences have been a wonderful resource for many families seeking a caring, supportive environment for a loved one.



While our residents benefit directly from the many services and amenities we provide, we often hear from families who are elated with the positive impact they experience as well.

Families find peace of mind in knowing that a loved one:

- is living safely in an environment with 24-hour staff and an emergency response system
- enjoys nutritious meals and supplements
- is reminded to take daily medications
- spends time socializing with peers instead of remaining isolated
- has access to programs and activities that interest them
- is part of a community that emphasizes “quality of life” and respect for each individual

When is “the right time?”

It is wise to investigate and consider options before a significant event occurs. Too often families must make difficult decisions while in crisis. Planning ahead can prevent decision making from being taken away from seniors themselves. Being pro-active can also help to avoid some accidents from occurring in the first place.



“We looked at five different residences and from the minute we walked into Youville we knew we had found the right place.”

“My father calls the nursing assistants ‘angels.’ They take such good care of him. He loves being at Youville. My family has such peace of mind knowing that he is a part of a wonderful community.”



Assisted living is designed for seniors and other adults, who are able to manage with some degree of independence, but are experiencing physical limitations, memory loss, mobility issues, or frailty, which makes managing their day-to-day lives difficult, or puts them at risk.

Each Youville resident meets with a registered nurse prior to move-in to determine their particular needs. An individualized plan of services is developed and put in place to support individual requirements.

At Youville, we encourage as much independence as feels comfortable and safe, while providing any needed support.

Support can take the form of direct services, such as assistance with personal care, meals, housekeeping and medication reminders. Just as importantly, we are able to offer the social support needed, and the opportunity for each resident to participate in our community to the degree of his or her choice. Many residents enjoy participating in our regularly scheduled events and programs.

“I never dreamed I could make such wonderful new friends at this point in my life. I am doing yoga! I am going to the museum! I laugh a lot more than I used to. I am so glad to live at Youville.”



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Once it seems clear that assisted living is a good option, what comes next?

Some additional factors to consider:

- How will you finance residency?
- What location would be best for family and friends to visit?
- What kind of community would feel most comfortable?
- What values and priorities does the assisted living residence have?

Assisted living is more affordable than many people believe.

If you:

- own a home
- have retirement income
- have long term care insurance that includes assisted living, or
- have access to other financial assets

it makes sense to investigate assisted living further.

Not sure if you have the financial resources? Our qualified staff will help you determine financial eligibility by meeting with you, or speaking with you confidentially.



None of us want to anticipate physical or cognitive decline.

We would rather not think about what could happen in the event of a fall.

Too often families must make difficult decisions while in crisis. It is wise to investigate and

consider options before a significant event occurs.

Both short-term and long-term stays are available.



We encourage you to visit and learn more about our values-based approach to elder care services.

Please call us to set up a private visit, or visit us on the web at www.youvillehouse.com www.youvilleplace.org



Each apartment at Youville has its own bathroom and kitchenette.

The basic package includes:

- Studio and 1-bedroom apartments
- Nutritious meals & supplements
- Weekly housekeeping service
- Weekly linen service
- Up to 1 hour of personal care assistance daily
- Medication reminders
- 24-hour emergency response system
- Scheduled events and programs
- Primary care available on campus
- 24-hour staffed residence
- 24-hour nurse on-call
- Access to transportation
- Resident parking
- On-site chapel
- Pet policy

Our website provides additional information as well as our application materials. There are also helpful links to resources such as on-campus health care options.

Youville Assisted Living Residences are not-for-profit and sponsored by Covenant Health Systems, a Catholic health care organization.

Certified by the Massachusetts Executive Office of Elder Affairs.

Youville House  **Youville Place**
Assisted Living Residences

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