

## Assisted Living



Joyce Adams from Fox Run Assisted Living was the speaker at the Treynor Optimist Club meeting on Saturday, October 27. Fox Run has 66 apartments and provides three fresh meals daily. They have activities for the residents throughout the day and provide many off-site opportunities also.

Independent living is preferable for people who can cook their own meals, but may need some help with housekeeping and organizing meals. Assisted living is for people who should not cook because they don't watch it closely, and for people who are not eating properly. Most assisted living residents will stay at the residence until the end of their days. They usually cannot stay in assisted living if they become combative, are harmful to themselves or others, or cannot get around without assistance, for example getting out of a wheelchair. With assisted living, outside help can be brought in for a variety of reasons, such as physical therapy. There are a variety of levels of support in assisted living residences.

Joyce said that there are some common things to look for to help determine if someone needs to move from independent living to assisted living. She usually checks the refrigerator to see if there is a lot of outdated food in there. One person she visited was getting Meals-on-Wheels, but had several weeks of boxes of food in the refrigerator in various stages of spoiling. Another thing to look for is cleanliness of the house and self cleanliness. Often a person will get an aversion to water, becoming afraid of getting in the shower or bath tub, or just wear the same clothes every day. Joyce said she can present a program called "Walk a Mile in My Shoes" where she shows people what it is like to have failing vision or numbness in their feet, so people can get an idea of what it is like.

When looking at a residence, be sure the play you stay is licensed by the state. Some are not, so they don't have the same level of oversight.

At Fox Run, they welcome individuals or groups to join the residents. Activities are always welcome. Meals cost \$6 for visitors, but please call the day before you come.