



# BENEFITS OF MOVING

## INTO INDEPENDENT LIVING DURING COVID-19.

TRADITIONS MANAGEMENT WOULD LIKE TO ANSWER YOUR QUESTIONS REGARDING MOVING INTO INDEPENDENT LIVING DURING THIS PARTICULAR TIME.

### Is it safe to move into an Independent Living Community during these times?

Resident safety is the highest of priorities, and always will be. In most instances, living in a controlled environment that screens staff for COVID-19 symptoms and enforces sanitary protocols within the shared community areas can reassure seniors, their doctors, and their loved ones. The residents have 24/7 access to an emergency response system should they feel ill and on-site testing is available. These measures in place can detect changes that require intervention before a possible medical emergency occurs. Most communities have on-site nursing and access to physicians should an urgent need for care be desired.

### Are residents at more risk of public contact in Independent Living Homes?

Independent Living has dependable in-house delivery of meals. Implementing foresight of every day needs to be available by phone request, and on-premises offerings eliminate the exposure to the general public.

Being watchful of your fellow neighbor is more prevalent within independent living due to being like-minded and familiar with one another. Most communities have a security service person and or cameras to monitor the sites; which deters unwanted solicitation.

### Will Independent Living residents remain in their homes if positive cases occur?

There are NO restrictions on visitation for our Cottage residents. These residents are fully independent and come and go on their own schedule.

### Is it best to temporarily remove loved ones and take them back home?

Moving can be quite stressful for seniors. Families may find it challenging to maintain a contamination-free zone, keep small children and other outside families away while in the household. An Independent Living room layout has safety and assistive railings with call cord in place. These designs allow Seniors independence for their everyday living tasks. Families may underestimate the needs of their loved ones. The care that a Senior would typically receive in a community setting will become the family's responsibility. Providing care includes administering medication, assisting with bathing and dressing, preparing nutritional meals, laundry, and constant sanitizing.

### Are seniors secluded in their homes with nothing to do?

Independent Living communities are designed to offer safety, recreation, engagement and exercise in social settings. Having safety protocols in place makes it possible for Seniors to dine, make crafts, enjoy music, watch movies and to safely enjoy their neighborhood with social distancing in place.