

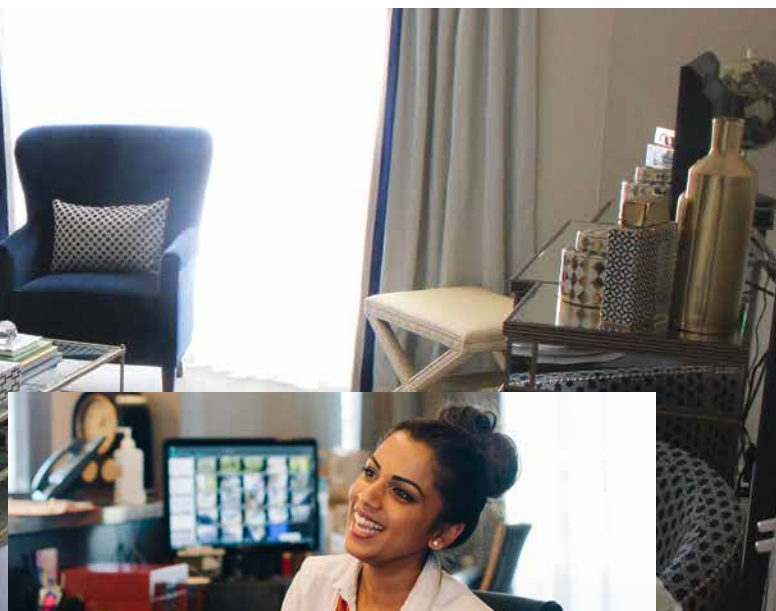
# Retirement Living Glossary of Terms.

*Helping you navigate the unique language of senior housing options.*



**V!VA** Retirement Communities™

*Making Today Great!*



## *Senior Apartments*

Focused on accommodations for older adults, these apartments typically include full kitchens. Meals, services and care are not included in the monthly rate. Services and care may be available for a fee if the senior apartment is connected to a building offering Independent or Assisted Living services.

## *Independent Living*

Independent Living provides both senior-friendly accommodation and key services allowing seniors more time to enjoy hobbies, interests and family and friends. In addition to a safe and secure suite featuring an emergency call button system with access to nursing when needed, Independent Living typically includes: meals, housekeeping services, linen and towel laundry service, in-suite maintenance and repairs, and access to a wide range of activities and amenities – including outings aboard a shuttle bus. Healthcare services are typically available for an added fee.

## *Assisted Living*

Assisted Living suites are ideal for people with mobility challenges who require convenient access to amenities on the same floor as their suite, including a dining room and nursing station. Assisted Living monthly fees typically include everything from Independent Living plus services like medication administration, bathing and a daily allotted number of minutes of personal care per days by trained team members, including nurses, and personal service workers (PSWs).





### *Memory Care*

Memory Care is ideal for people living with Alzheimer's and other forms of dementia who require 24-hour supervision and specialized programs.

### *Long Term Care*

Long Term Care provides subsidized accommodation and services for seniors who require heavier levels of care. Emphasis is placed on healthcare and less so on dining, amenities and activities.

### *Respite or Convalescence Care*

When recovering from surgery or leaving the hospital, many people find it difficult to directly move home. Retirement communities offer the perfect environment to focus on recovery with services, care and support provided by a highly trained team.

### *Short Term Stay*

Most retirement communities offer shorter term stays for people who are interested in trying the lifestyle before moving in permanently.



### *Community Director*

Leader of the retirement community's team, the Community Director is ultimately responsible for ensuring the services and care delivered meet the needs and expectations of the Community Members. May also be referred to as a General Manager or Executive Director.

### *Community Relations Manager*

The Community Relations Manager consults with seniors, their families, and community partners to educate them on available lifestyle options. May also be referred to as a Sales Manager, Lifestyles Consultant or Director of Sales.

### *Wellness Manager*

The Wellness Manager is a head nurse responsible for all healthcare services in a retirement community. May also be referred to as a Director of Care.

### *Services Manager*

The Service Manager oversees concierge, maintenance and housekeeping, while also managing the day-to-day finances of the community, including billing. May also be referred to as Business Manager.

### *Lifestyle Manager*

The Lifestyle Manager is responsible for developing activities, programs and outings to ensure Community Members remain active and fulfilled. May also be referred to as a Recreational Manager.

### *Culinary Services Manager & Executive Chef*

Food is a big part of retirement living. The Culinary Services Manager is responsible for ensuring the front-of-house dining experience delivers on the needs and expectations of the Community Members, while the Executive Chef is responsible for creating menus that are equal parts delicious and nutritious.