

Is it time for assisted living?



Villa

Northwest  *South*

ASSISTED LIVING
MEMORY CARE

We are living longer lives!



Advances in diet, medicine, and lifestyle allow us to stay active and independent much longer than previous generations.

As we age, however, some of our needs change.

While good health ensures independence, security, and productivity, millions of older adults struggle daily with health and safety challenges such as chronic disease, falls, and mental health issues.

How are you managing?



10 Warning Signs

that you may need more help

- 1** Unpaid bills and unopened mail
- 2** Hygiene issues
- 3** Accidents + falls
- 4** Bruising
- 5** Rash spending, hoarding or other behavior changes
- 6** Noticeable weight loss or gain
- 7** Signs the stove has been left on
- 8** Forgetting to take medicine
- 9** Missed appointments
- 10** Isolation + withdrawal from friends, family, and favorite activities

YOUR WELL-BEING, SAFETY, AND QUALITY OF LIFE ARE IMPORTANT! IS IT TIME TO HAVE A DISCUSSION WITH YOUR FAMILY?

Call us to receive a personal, complimentary assessment of your current living situation, your health, safety, and lifestyle needs.

Consider



Health. Has your health changed recently? Have you had an illness or a fall? Have you been slow to recover from a recent illness like the flu? Have you developed a chronic illness that requires more medicine, care, or a change of your routine?



Daily tasks. Is maintaining the house getting to be a bit too much? Are sweeping, mopping, lawn maintenance, and even grocery shopping becoming harder to do? Is it harder to go up and down the stairs in your home? Do you find yourself skipping some previously routine tasks that now never seem to get accomplished?



Safety. In an emergency, is there someone nearby to help you? If there was a fire, flood or disaster, are you able to get to safety? If you fell or had a medical emergency do you and your loved ones have a plan?



Medication Management. Is your medicine on schedule? Do you accidentally skip doses or double up on a medicine? Are you current on your medical appointments and screenings? Do you have transportation to and from appointments?



Finances. Are you comfortable handling the bills and financial decisions?



Transportation. Are you able to get to your appointments safely? Are you comfortable driving? Do other drivers honk or speed around you? Have you had a fender-bender recently? Are you no longer driving and maintaining your own vehicle, and do you find yourself isolated or inconveniencing others as a result.



Lifestyle. Are you enjoying all of your favorite activities? Are you spending time with friends? Enjoying worship? Getting out of the house and having new experiences?

Is it time for a new home?

Our interactive checklist can help you start the conversation.

CHECKLIST

The Benefits of Assisted Living Home with Heart and Health



Villa Assisted Living provides reminders to optimize medication use. This is the #1 benefit provided by our staff that helps keep seniors safe, active and healthy.

Villa is a social setting that makes it easy to connect with new friends over breakfast or lunch.

Villa staff handles meals, from planning to dishes.

Villa promotes easy indoor walks from apartments to dining and activities that help residents stay physically active, in a safe environment.

Villa provides planned activities that include mental stimulation, social engagement, exercise and education.

Villa provides private apartments that are comfortable places for some quiet time of rest and relaxation.

Villa staff clean your bathrooms, vacuum your carpets, scrub your kitchenette, do your laundry, and take out the trash.

Villa staff will handle all the home repairs and yard work.

Villa staff can help you remember your doctor's appointments and take you there.

Villa staff can help you safely take a shower, get dressed and get ready to enjoy the day.

Villa staff keep a gentle eye out for your safety and wellbeing, giving peace of mind to your family.



Why Not Enjoy These Benefits Today?



CALL US TO DISCUSS

Villa South

Country Club area
4834 Yorktown 78413

361.991.3252

Vendor ID #000317

Villa Northwest

Annaville area
2822 Robby St. 78410

361.242.9446

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VillaAssistedLiving.com

