



A family's

Guide

TO ASSISTED LIVING



*Your Family's Guide to Making the Right Senior Living Decision
Support, Clarity, and Peace of Mind—Every Step of the Way*

Welcome

Making a decision about Assisted Living can feel overwhelming. You may be asking:

- “Is it the right time?”
- “Am I doing the right thing?”
- “Where do I even begin?”

At The Arbors, we understand—because we’ve helped thousands of Long Island families through this journey with compassion, honesty, and care.

This guide was created to give you the answers, confidence, and reassurance you need.

When Is the Right Time to Consider Assisted Living?

The best time is **BEFORE** a crisis happens.

Signs it may be time:

- Increased falls or mobility concerns
- Missed medications
- Changes in hygiene or weight
- Memory issues impacting safety
- Difficulty managing domestic finances or other money problems.
- Isolation or depression
- Caregiver stress or burnout



If you’re noticing these changes, trust your instincts—it’s time to explore options.



Letting Go of the Guilt

This is one of the hardest parts—and one of the most important.



Choosing Assisted Living is not giving up. It’s stepping up.

- You’re prioritizing safety and quality of life
- Your loved one gains socialization and support
- You’re loved one no longer needs to worry about household chores, maintenance, or bills
- In case of emergency, there is staff nearby to address immediately
- You can return to being family—not just a caregiver

If you’re starting to worry, it’s time to start exploring.

Caregiver Self-Care Matters

You cannot care for someone else if you are running on empty.

Signs of burnout:

- Exhaustion
- Stress or anxiety
- Feeling overwhelmed

Remember: Taking care of yourself is not selfish—it's necessary.



Handling Sibling Disagreements

It's common—and manageable.

Keep in mind:

- Focus on what's best for your parent
- Communicate openly, honestly and empathetically
- Use facts, not emotions
- Bring in a professional if needed



Where Do You Start?

Take it one step at a time:

- Start the conversation with the family
- Assess your loved one's needs (*physical, emotional, cognitive*)
- Research local communities
- Schedule tours—nothing replaces seeing it in person
- Ask questions and trust your gut

Doing nothing is still a decision—and it can carry risks.



How to Start the Conversation

Approach it with empathy and partnership.



Helpful tips:

- Choose a calm moment
- Stress their safety and happiness
- Focus on the positives instead of negatives
Example: Instead of saying "You shouldn't drive anymore." Say: "The community bus takes residents out on trips to stores, lunch, shows and parks."

- Use "teachable moments"

Example: After a fall you could say "Wow, that was a close call. Once you're feeling better maybe we can stop by an assisted living that we pass all the time."

- Use "we" instead of "you"
- Include them in decisions

Example:

"We want to make sure you're safe and enjoying life. Let's explore some options together."

Standing still and NOT making a decision IS actually making a choice... it just may not be the right one for you.

Alzheimer's vs. Normal Aging Changes



Normal Aging:

- Occasional forgetfulness
- Misplacing items
- Slower recall
- Vision Changes
- Sometimes having trouble finding the right word

Possible Alzheimer's:

- Memory loss disrupting daily life
- Confusion about time/place
- Difficulty with familiar tasks
- Personality or behavior changes
- Trouble understanding visual images (They may not realize they are the person in the mirror.)
- May have trouble following or joining a conversation
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities

Early evaluation can make a meaningful difference.



Understanding the Cost of Care



What to Expect:

Assisted Living typically ranges from \$4,500–\$10,000/month, depending on type of room and care needs.

Ways to Pay:

- Private savings or retirement income
- Social Security
- Long-term care insurance
- Veterans Benefits (Aid & Attendance)
- Home sale or bridge financing
- Home equity or reverse mortgage
- Family contributions
- Selling Life Insurance
- Medicaid

Many families find Assisted Living comparable to or actually less expensive than full-time home care—with far more support.

“You’re never alone any more. They take care of everything; all you need to do is enjoy being here.”

-Carol, Resident at The Arbors at Bohemia

Understanding Your Options



Home Care

- Care in the home
- Flexible, but can become costly
- Extremely limited social engagement
- Managing home-care staff may be challenging
- Greater dependence on family members
- Housekeeping/maintaining of the house added chore and expense

Assisted Living

- Private apartment with personalized support
- Meals, housekeeping, activities included
- Encourages independence with safety
- Maintains a sense of pride with discrete care-giving
- Focuses on socialization
- Improves family relationship by not doing daily care-giving tasks
- Doctor visits within the community

Enhanced Assisted Living

- If a hooyer-lift is needed
- Regular incontinent care
- Feeding with risks of aspiration

Nursing Home (Skilled Nursing)

- 24/7 medical care
- For advanced medical needs
- Very limited social and recreational activities



What to Ask on a Tour

Choosing the right community is about more than appearances.



Important Questions:

- What care services are included?
- Is staff available 24/7?
- What is the staff-to-resident ratio?
- What activities are offered daily?
- What is included in the monthly cost?
- Are there additional fees?
- Are there separate fees for care?
 - Can they be changed at any time?
- How does your loved one call for help?
- Who is involved in developing the care plan?
- What makes your community different?
- Ask yourself: How does the community feel?
 - Is the staff engaging with residents?
 - Do you feel welcome?
 - Do the residents seem happy?
 - Does it feel warm and homey?



*Ask yourself:
How does the community
FEEL?*

You don't have to do this alone

We've helped thousands of Long Island families navigate this journey with compassion, honesty, and care.



The Arbors Difference

At The Arbors, we're not a large corporation—we're part of the Long Island community.



What sets us apart:

- Family-owned and locally operated on Long Island
- All-inclusive pricing—no surprises
- Warm, home-like environment
- Experienced, compassionate staff
- Engaging social and wellness programs
- Specialized transitions and memory care neighborhoods
- A true commitment to dignity, respect, and quality of life
- A family atmosphere

This journey can feel overwhelming—but you don't have to navigate it alone.

We're here to answer your questions, guide your decisions, and support your family every step of the way.



Specialized Neighborhoods

at The Arbors

Assisted Living

- You want to live independently but not cook for yourself, you like to be around people and do things, and you may need some personalized help.
- The warm company of neighbors engaging in social, cultural and educational events every day.
- Dining with neighbors. Table service. Plenty of menu options prepared fresh every day. Accommodations for special diets.
- Doctor visits in the community.
- Medically trained staff to administer and manage medications daily. Pharmacy delivery.
- Discreet support whenever needed provided by a caring staff, which leads to greater independence.
- Recreation staff with activities 7 days a week all day long for every interest. Friends and peers to enjoy activities with. Physical activities available every day. Walking clubs, yoga, exercises classes and more. Scheduled bus trips to local stores, casinos, theaters, lunch, dinner trips, religious services each week.
- Immediate help available from a 24-hour staff on-site. Emergency alert system in every apartment.
- Daily housekeeping and weekly laundry taken care of by staff.

Transitions Neighborhood

- Have some memory impairment.
- A large community may be too overwhelming or too much to navigate.
- Smaller more intimate dining room.
- Fills the needed gap between AL and SafeCare.
- Smaller group activities that are less distracting and specifically structured to meet each resident at their cognitive level.
- Recreation staff with activities 7 days a week all day long for every interest. Special activities focusing on memory improvement to help improve cognitive function.

SafeCare Neighborhood

- Definite memory impairment that may affect your daily living. Provides a higher level of personal attention to those who may be forgetful.
- Secure neighborhood; doors are alarmed to prevent wandering.
- Specially trained wellness staff with emphasis on memory impairment.
- Specially trained recreation staff with activities 7 days a week all day long for every interest. Special brain stimulating activities to help improve cognitive function.
- Monthly Caregiver support group.

Take the next step

The Arbors
ASSISTED LIVING COMMUNITIES

Schedule a tour. Ask questions. Get peace of mind.



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