

UNDERSTANDING
SENIOR LIVING
CARE OPTIONS IN
BRITISH COLUMBIA

We've distilled senior care information down to the essentials to help you find the right fit.

AMICA

SENIOR LIFESTYLES

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FINDING THE RIGHT
SENIOR CARE IS
LIFE-CHANGING

Make life better for you and your family with this guide to care options for B.C. seniors

It didn't take long for Deborah to be reassured that her 86-year-old mother, Matilda, was happy with her decision to move out of her home to have assistance at Amica. "While I was visiting, a staff member was covering my mother with a blanket and my mother gently squeezed the caregiver's hand to say thanks," says Deborah. "It made me realize just how much my mother loves living at Amica."

Staying at home may be a great solution for many seniors as long as the arrangement is working properly. Technology and services are making it easier than ever to get home support with food, care and household maintenance. But it can be difficult and costly to organize, and sometimes staying at home doesn't make seniors as happy, engaged or supported as they would like. If you're looking for a complete solution with care that's personalized to you, you'll find it at Amica.

Having help with everyday tasks can improve your life in ways it may be difficult to imagine. Once you decide to have support, you'll discover that British Columbia offers many choices, including home care, Independent Living, Assisted Living and Residential/Long-term care homes. Think of this care guide as a road map: you'll learn what's out there so you can figure out how various options align with your needs and values, and you'll discover how Amica stands out for its unparalleled offering of flexible, personalized care.

At Amica, we believe all residents deserve peace of mind in having care when they need it. Our B.C. Independent Living residents can manage daily living tasks on their own. For those who need assistance, they receive personalized support in the comfort of their suite without the need to move. Amica Senior Lifestyles residences provide different levels of care — including Assisted Living, Residential/Long-term care and Memory Care — to meet each senior's needs, even as those needs evolve.

Regardless of the level of assistance you need, we hope this guide helps you find it.

PUBLIC AND PRIVATE SENIOR CARE OPTIONS



An overview of common housing, care and payment options for senior housing

When seniors need help with health care, personal care, homemaking and other support services, they can choose between private-pay or government-subsidized care. In the Province of British Columbia, private care homes are bound by the same regulations as public facilities.

PRIVATE PAY SENIOR CARE

Private retirement homes

Seniors pay room and board to live in a safe, comfortable environment designed to feel like a home instead of a hospital. Amica residences are not publicly funded.

Accommodation: Residents rent private, condo-size suites ranging in size from a studio or a multi-bedroom suite to a townhome. Basic retirement homes might include a TV room and simple recreational games; premium residences like Amica offer a lifestyle with numerous activities, entertainment, excursions and social events along with resort-style amenities (indoor pool, hair salon, scheduled transportation, etc.)

Care: Monthly care is individualized, with the care fee based on the level of assistance required. Not all retirement homes can accommodate complex

medical conditions: ask at the residence you're considering. See page 8 to learn more about care services available.

- **Independent Living** residents require little or no assistance with daily living.
- **Assisted Living** residents can make their own decisions but need assistance with up to six prescribed services to help with their daily routine.
- **Residential/Long-term care** provides full care for residents who require regular and ongoing support due to a chronic or progressive condition.
- **Memory Care** is a form of Licensed Care that provides specialized assistance for people with Alzheimer's or another form of dementia (learn more on page 9).
- **End-of-life care** is provided by many retirement homes for their residents.

Costs: Retirement homes may or may not publicize monthly fees since costs vary greatly depending on care needs, suite size, residence location, amenities, etc. To understand what's included, schedule a tour.

PUBLICLY FUNDED SENIOR CARE

Nursing homes

Care: Seniors who are assessed as being too frail to look after themselves will have 24-hour supervision and care for complex medical conditions that may

require IV, respirators, narcotics, etc. Government-subsidized nursing homes typically offer respite care and end-of-life care.

Accommodation: Just like in a hospital, nursing homes offer single, semi-private or ward rooms. Basic meals, housekeeping and recreation are included.

Costs: Seniors pay a set monthly rate determined by the Province of B.C. or a monthly rate based on their income.

HOME CARE

Home care can provide housekeeping, personal care or medical support for seniors who wish to remain at home. Those who don't qualify for government-funded home care can pay privately. Learn more about home care on page 6.

ADULT DAY PROGRAMS

Adult day programs allow seniors to continue living in their homes by providing group programs and activities in the community. These programs may also provide caregiver support and respite. Publicly funded adult day services cost a maximum of \$10 per day but may be waived under serious financial hardship.

WHEN IS IT TIME FOR CARE?



A registered nurse shares common signs a senior may benefit from support

Charles's friends had arrived to visit for lunch when they found him injured from a fall and lying unconscious on the floor. Depressed after his wife died, he'd stopped eating well, become dehydrated and wasn't managing his diabetes. After weeks in hospital, his doctors determined it was unsafe for Charles to live alone: he wouldn't be released until he had full-time home support or moved to a Residential Care suite.

In hindsight, there were signs that Charles was having difficulty coping. The crisis left his family scrambling and he had to settle for whatever was available. Proactively arranging for home care services or researching senior living before an emergency means you can choose based on your priorities and lifestyle. "There are so many advantages to making the decision to move before an emergency," says registered nurse Paulette Kinsella, a Regional Director of Wellness for Amica.

8 signs a senior may need care

- Is your parent or loved one eating well? Do their clothes fit? Is food rotting in the fridge?
- Is your parent safe? Are they remembering to lock their doors? Giving out private information over the phone? Turning off the stove?
- Are they paying the bills or is there a stack of unopened mail?
- Are they wearing clean clothes and taking care of toileting, grooming and personal hygiene?
- Is their environment clean in a way that is typical for them?
- Are they managing medications appropriately? If not, it can lead to dangerous complications.
- Slowing down normal social activities is reasonable, but has your parent stopped engaging and become lonely or isolated? Has weather or illness contributed or are they becoming overwhelmed by the effort required to plan or attend social outings?

- Do they appear depressed? Grief is normal after a death but a prolonged depression is worth a conversation with their physician.

If you're concerned, share your worries with your loved one and listen to their side. Discuss which services would be most helpful. Possible solutions include additional family support, outside services, home care or, depending on the complexity of medical care required, a retirement home or long-term care home.

"As children of aging parents, we want them to be cared for as we ourselves would do," says Kinsella. "At Amica, our goal is to mirror a senior's day at home as much as we possibly can. We do so in beautiful surroundings with delicious food, the opportunity to socialize with a peer group and support available 24/7 to assist them wherever needed. It truly is peace of mind."

WILL YOU CHOOSE HOME CARE OR A RETIREMENT RESIDENCE?



Home care can help families cope; senior living can help families thrive

Retirement living vs home care

When a parent's daily need for assistance outstrips a family's ability to provide care, the first step is often hiring a home caregiver. While staying at home is a priority for some, it's important to consider how well the arrangement is working for the senior and family members. Is home care enriching your parent's life or just helping them get by?

Benefits of hiring a senior caregiver

- Allows older adults to stay in their homes longer with a caregiver providing transportation, household help, cooking, cleaning, personal care, etc.
- A senior is not alone for the hours the caregiver is present.
- Care can be flexible and provided when seniors need it, or when family members are unavailable.
- Depending on needs, staying at home can be more affordable than moving to senior living.

Drawbacks of home care

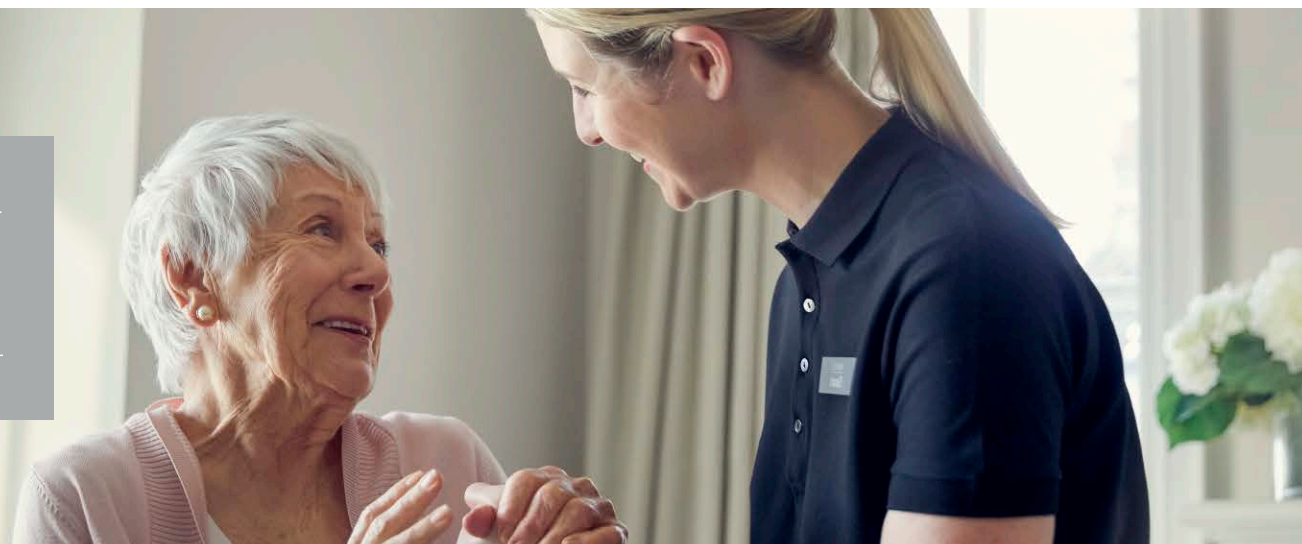
- Unless they have 24-hour caregiving, seniors will not have around-the-clock assistance as they would in a seniors' residence.
- The home may need to be equipped with assistive devices such as ramps, grab bars, etc.
- Caregivers arriving late could prove challenging for seniors who need support that cannot be easily scheduled (e.g. continence assistance).
- If families hire a private caregiver (instead of an agency), they become an employer responsible for screening, hiring, training, establishing standards, covering absences and making deductions for CPP, taxes and employment insurance.
- Local caregivers may not offer necessary services depending on where your parent lives.
- If your parent has a medical crisis, chances are their home lacks the emergency equipment commonly found in retirement residences.

7 benefits of Amica versus home care

A residence lifestyle would be difficult to duplicate even with the most experienced and attentive live-in caregiver. Here's what to expect at a good residence:

- Fresh nutritious meals prepared by chefs.
- Social atmosphere: dine, socialize, volunteer or join activities with peers to develop friendships and a sense of community.
- Services provided by a team of experienced staff (recreation, dining, housekeeping, maintenance) with wellness staff on duty 24/7 etc.
- Organized on-site activities including social events, birthday celebrations, exercise classes, educational sessions, movie nights and creative workshops.
- Buildings designed for safety and accessibility.
- On-site amenities to help socialize and maintain activity levels may include a fitness centre, library, lounge, pub, home theatre, hair salon/spa, gardening centre, indoor pool, etc.
- Scheduled transportation for shopping, errands and excursions.

RESPIRE CARE WHEN YOU NEED IT



Have peace of mind while you recover from illness or surgery

After receiving medical treatment, Christine wasn't well enough to live independently at home. Instead of placing responsibility for her care on her family, she decided to spend three weeks recuperating at Amica. She appreciated the supportive staff so much, and found life to be easier and more enjoyable with a chef preparing meals, that she moved in permanently.

What is respite care?

Respite stays in retirement living allow seniors to have 24/7 support for a temporary period of time. It can be helpful for seniors when caregivers are away or when recovering after surgery or illness, especially if the home has lots of stairs or no main-floor bedroom. After hospitalization, seniors living alone may feel exhausted or in pain as the body heals, making it difficult to bathe, cook, clean or get around.

Support for families

Respite care also helps families caring for aging parents. Caregiving can be rewarding, but also unpredictable and time-consuming, which may strain relationships and create chronic stress as adult children balance a parent's needs with their own lives and family responsibilities.

A respite stay in a retirement home offers a mid-point between hospital and home. Seniors get help during a medically supervised recovery in a home-like setting while staff assist with health care, personal care and household chores.

What's typically included in a respite stay

- Fully furnished private suite
- Three meals prepared fresh daily, and snacks
- Daily suite tidy, weekly housekeeping, linen laundry
- Optional organized activities and events
- Care staff member available 24/7
- Daily assistance based on needs, from wound care to getting to the dining room

Supervised recovery

Booking respite care may help your loved one's recovery in practical ways. Having trouble with pain? The on-site nurse will contact the doctor to find a better solution. Likewise, after an illness such as pneumonia, the staff can ensure a senior takes their meds on time, check vital signs and temperature, and monitor for appropriate recuperation to prevent a return to hospital.

Perhaps the greatest advantage of a respite stay is peace of mind. Says Paulette Kinsella, a Regional Director of Wellness at Amica, and a registered nurse, "When your parent is sick or recovering, it's hard on everyone. We're here to take the worry out of that stressful situation."

CARE SERVICES AVAILABLE AT AMICA



At Amica, you only pay for the care services you need

If you require assistance to live your day as you wish, you will have it at Amica. You simply let us know what support you need: our wellness team members will provide you with assistance according to your wishes. To help you understand the types of senior care services you can arrange and pay for in a privately funded retirement residence, here is the offering at Amica. Amica is unique in giving access to these supports in the privacy of your suite anywhere in the residence, no matter if you live in Independent Living, Assisted Living, Residential/Long-term care or Memory Care.

Customize your care services

Remember that you only pay for the care services you require at Amica. Services may be available a la carte or as part of a service bundle. If you require extra help due to health issues, you can often arrange and pay for temporary care. Typical care services include:

- Assistance with bathing or showering
- Assistance with dressing or grooming
- Medication management
- Wound care
- Continence care or using the toilet
- Personal laundry service
- Daily bed making and room tidy
- Escort assistance
- Tension stockings
- CPAP or Bi-PAP
- B12 injections
- Mechanical or hydraulic lift services

Visiting health professionals available on site

Depending on the location, some retirement homes also arrange for health and wellness providers to visit the residence so residents don't have to leave their home for appointments. Visiting service providers may include:

- Dentist
- Foot care nurse
- Hearing clinic
- Lab services
- Massage therapy
- Optometrist
- Pharmacy services
- Physician
- Physiotherapy



MEMORY CARE IN B.C.

Helping seniors live better with a type of dementia

Suzanne has seen positive changes in her father, who has an aggressive form of dementia, since he moved to Memory Care at Amica, where her mother lives in Assisted Living. “The geriatrician noticed an improvement in his alertness and responsiveness and commented that he seemed to be thriving in the new setting,” she said.

Leading a happy, purposeful life doesn’t stop with a dementia diagnosis. But if caring for a parent or spouse with dementia at home is straining relationships or causing burnout, it may be time to consider senior living with Memory Care. “Evidence shows that the right tools and approaches can help people with dementia continue to function as well or better than they did before,” Dr. Heather Palmer, Amica’s National Director of Cognitive Well-Being, told the *Globe & Mail*. “While we can’t stop the disease, we can manage the cognitive abilities that are affected by it like memory, language and multitasking.”

What is Memory Care?

Memory Care provides specialized care and support to assist seniors living with a type of dementia such as Alzheimer’s. Specially trained staff understand the needs of people at all stages of dementia, including how to support seniors when they become frustrated, anxious, aggressive or tempted to wander as a result of cognitive aging. Accommodation and care for people with dementia is available at government-subsidized nursing homes; enriched Memory Care (Residential/Long-term care) is available at premium residences like Amica.

What is unique about Memory Care?

Licensed Memory Care in a private retirement home offers a supportive environment with additional safety features, specially trained staff and enrichment programs designed for people with dementia.

Memory Care at Amica

Amica combines professional, around-the-clock support for dementia or Alzheimer’s with exceptional care, dining, activities and amenities. Since every person with dementia is unique, we personalize care to each resident’s individual needs. We go beyond helping seniors cope by engaging residents in enjoyable and meaningful activities and excursions, including fitness, social events, volunteering and entertainment. Our Memory Care program incorporates proven best practices and was developed by Dr. Palmer, a renowned specialist in cognitive aging.



WHY DISCERNING SENIORS CHOOSE AMICA

For excellent hospitality, great amenities and flexible care personalized to each resident

In beautiful environments in Canada's most inspiring neighbourhoods, Amica is a leader in providing unparalleled hospitality combined with professional, personalized care. Seniors choose Amica to set their own schedule and maintain their lifestyle in a vibrant social atmosphere where residents direct all aspects of their day while receiving individualized support if they need it.

Care that evolves with you

As your needs change, so does the care you receive at Amica — that sets us apart from other retirement operators who only serve independent seniors or

those needing assistance, but not both. Many Amica residences cater to seniors at all stages of life, so you will always have the assistance you need. We also support couples with different needs, such as when one partner is living with a form of dementia.

Inspiring lifestyle

With staff taking care of housekeeping, maintenance, laundry and meals, residents are free to pursue their interests and enjoy premium amenities. Residents may choose to join recreational activities, including social events, creative programs, exercise classes and entertainment, all designed to support their physical, social, emotional and cognitive health. Scheduled transportation is provided for errands, shopping or cultural excursions.

Personalized service

Amica provides professional, personalized care that respects every resident's unique preferences and routines. Team members assist with your choice of living activities, such as dressing, bathing, grooming, medication, mobility, feeding and more.

Certified wellness staff

Residents' health and medical needs are overseen by a Director of Wellness, a highly experienced nurse registered or licensed with their professional association. A nurse is also on duty around the clock, with emergency response pendants monitored on site.

AMICA

SENIOR LIFESTYLES

Amica Arbutus Manor

2125 Eddington Drive
Vancouver, BC
V6L 3A9
Tel 604-736-8936
Fax 604-731-8933
amica.ca/arbutus-manor

Amica Beechwood Village

2315 Mills Road
Sidney, BC
V8L 5W6
Tel 250-655-0849
Fax 250-655-4076
amica.ca/beechwood-village

Amica Douglas House

50 Douglas Street
Victoria, BC
V8V 2N8
Tel 250-383-6258
Fax 250-383-9601
amica.ca/douglas-house

Amica Edgemont Village

3225 Highland Boulevard
North Vancouver, BC
V7R 0A3
Tel 604-929-6361
amica.ca/edgemont-village

Amica Lions Gate

701 Keith Road
West Vancouver, BC
V7T 1M2
Tel 778-280-8540
amica.ca/lions-gate

Amica On The Gorge

994 Gorge Rd. West
Victoria, BC
V9A 0G8
Tel 250-220-8000
amica.ca/on-the-gorge

Amica Somerset House

540 Dallas Road
Victoria, BC
V8V 4X9
Tel 250-380-9121
Fax 250-380-9109
amica.ca/somerset-house

Amica West Vancouver

659 Clyde Avenue
West Vancouver, BC
V7T 1C8
Tel 604-921-9181
Fax 604-921-9232
amica.ca/west-vancouver

Amica White Rock

15331 16th Avenue
South Surrey, BC
V4A 1R6
Tel 778-545-8800
amica.ca/white-rock