

5 WAYS
SENIOR LIVING
COMMUNITIES
KEEP
SENIORS
SAFE



INNOVATING SENIOR SAFETY

From wearable devices that prevent falls to scientific advancements in sanitation, safety technology is accelerating at an unprecedented rate, radically changing the way we age in place.

GREATER PEACE OF MIND

When it comes to technology in senior living, wireless emergency call systems only scratch the surface. Today, innovations in safety combined with faster download speed and 5G connectivity make senior living communities not only safer, but smarter, too.

Wearable technology and sophisticated communication methods are among the top trends in senior care, including sensor devices that reduce response time, gather and store data for a more personalized care approach.

GPS devices empower staff with location tracking to prevent falls using artificial intelligence. Access control technology provides a 360-degree view of both resident and staff activity for enhanced security. And the emergence of revolutionary sanitation solutions such as [electrostatic disinfection](#) offer next-level protection against pathogens in an ultra-safe, post-pandemic world.



**Safety
Technology
at Sonata**

- Wireless e-call systems
- Electronic health records
- Roam alert/location tracking
- Sensors devices
- Wearable devices
- Access control wristbands
- Motion sensor lighting
- Electrostatic disinfection
- Smart-connected TV
- Full spectrum lighting
- Predictive AI e-call system



SENIOR HURRICANE SAFETY

Florida enjoys more sunshine than any other state, but it's also prone to more hurricanes. Fortunately, senior living communities offer a safe refuge for older adults and shelter from the storm.

SHELTER IN THE STORM

Hurricanes cause billions of dollars worth of damage, but the real threat is to older adults who may find it difficult to evacuate. A well-built home may be able to sustain high winds, but storm surge is a serious risk to human life.

The reinforced construction of senior living communities are built to withstand hurricane-force winds and stocked with supplies to make sheltering in place in a [senior living community](#) a far safer option than weathering a storm at home alone.

Older adults are especially vulnerable to the extreme Florida heat. When power outages occur, backup generators in senior living communities ensure electricity for air conditioning, cooking, and powering elevators. No matter the conditions, communities can continue providing support, including meals and medication.



Hurricane Safety Features

- [Backup generators](#)
- Reinforced construction
- Food & water supplies
- Shelter & evacuation plans
- 24-hour nursing
- Emergency transportation
- Family communications
- [Short-term stays](#)
- [More safety features](#)

FOOD SAFETY & NUTRITION

Dining in senior living assures every meal is delicious, nutritious and fresh. Older adults can focus on living their best every day without worry or concern about shopping and preparing healthy meals.

3

EAT RIGHT, LIVE LONGER

Of all the various ways we can improve health and [longevity](#), few are as important as maintaining a nutrient-dense diet. Research has demonstrated that diet has a huge effect on physical wellness, cognitive, bone and eye health, vascular function, and the immune system. Yet many seniors experience mobility and transportation challenges and lack access to fresh, whole foods.

As we age, metabolism and nutritional needs change. Medications and chronic illnesses such as [Alzheimer's disease](#) also affect nutritional requirements.

Senior living communities are designed to manage the nutritional challenges associated with aging. A registered dietician reviews menus for [nutritional value](#) and options are available to those with special dietary needs. In most senior living communities, older adults can trade in cooking for access to chef-prepared meals 24-7.



Nutritional Wellness at Sonata

- Round-the-clock dining
- [Nutritious menu options](#)
- Nutritional counseling
- [Dementia-friendly diet plans](#)
- Registered dietitians
- Accommodations for dietary restrictions
- Fresh and natural ingredients
- Sugar- and salt-free options



SAFER CARE AND SUPPORT

Peace of mind depends on the knowledge that your medical needs will be met. Senior living removes the need to travel to doctor's offices and therapy centers by bringing essential services to you.



FOLLOWING DOCTOR'S ORDERS

Whether we like it or not, as we age, physicians are vital to our survival. To older adults, this means an increasing number of doctor's appointments and therapies to maintain good health.

Senior living communities specialize in wellness. This involves far more than fitness classes and water aerobics. Today, residents of senior living communities like [Sonata Senior Living](#) enjoy access to an array of wellness services that eliminate the need to coordinate doctor's visits and other appointments. Visiting physicians, therapy, X-ray and laboratory services are all provided right on site, making life not just safer, but much easier.

On-site wellness services combined with 24-hour supervision and care make senior living communities among the safest and most convenient options for older adults with [chronic health conditions](#).



Wellness Services at Sonata

- Personal care assistance
- Visiting physicians
- Visiting specialists
- On-site therapies
- Mobile X-ray and lab services
- Appointment scheduling
- 24-hour nursing supervision
- Specialized memory care
- Medication management



SAFETY IN NUMBERS

In senior living communities, caregivers, friends and health care providers converge in one location, forming a fully supportive social network designed to keep seniors safe.

5

SOCIALLY ENRICHED LIVING

Loneliness is dangerous to older adults. [Social isolation](#) has been linked to health conditions such as anxiety, depression, high blood pressure, obesity, [heart disease](#), dementia and Alzheimer's disease.

By design, senior living communities offer an active and robust lifestyle enriched by social events and activities in a friendly and welcoming environment. Life enrichment programming keeps residents engaged with peers while educational seminars and cultural outings stimulate the mind and curb memory loss.

Combined with on-site wellness services and visiting physicians, the naturally occurring social system found in senior living communities promote the safety and well-being of older adults.



Socialization Opportunities at Sonata

- Social events and clubs
- Games and activities
- Fitness classes
- Educational seminars
- Cultural outings
- Transportation services
- [Volunteer opportunities](#)
- 24-hour staff assistance



IMPORTANT SAFETY QUESTIONS TO ASK

The COVID-19 pandemic has illuminated the importance of choosing a senior living community that follows the highest standards in safety and care. [Sonata Safe](#) provides reassurance that you and your loved ones are cared for in a safe and healthy environment, no matter what public health or weather-related conditions arise.

If you are exploring senior living, the following questions will help you get started in your search.

- Is the community [licensed](#) to provide care?
- Does the community provide medication management?
- Are nurses available on-site and accessible 24-hours a day?
- Does the community have an infection prevention and control plan?
- Do apartments come equipped with emergency alert devices?
- Are visiting physicians and therapists permitted on site?
- Are hallways equipped with handrails?
- Are common areas well lit for better visibility?
- Does the community accommodate dietary restrictions?
- How much [training](#) is provided to staff?
- Does the community have a hurricane preparedness and evacuation plan?
- Does the community have a back-up generator or power source?
- How did the community score on the annual [Florida state inspection](#)?
- Does the community have a separate and secure memory care area?



Sponsored by Sonata Senior Living
SONATASENIORLIVING.COM
CALL 407-674-2486   



Information contained in this guide is for informational and educational purposes only. The information provided should not be considered a substitute for individualized medical assessment, diagnosis or treatment by your medical provider or physician. If you or someone in your care has a medical problem, contact your medical provider or mental health provider.