



FAMILY PARTNERSHIPS  
IN SENIOR LIVING

# HOME IS A FEELING CALLED FAMILY

Moving to a senior living community should feel like adding a branch to the family tree. In the right senior living community, friends and caregivers become your extended family.



## Socialization Health Benefits

- A longer lifespan
- Stronger immune system
- Decreased symptoms of depression
- Improved emotional health and well-being
- Lower risk of dementia
- Higher quality of life

As we age, it becomes harder to meet new people. Contact with others becomes more limited due to life changes like leaving the workforce. We may be more likely to experience the death of a spouse. Aging also increases our risk of developing health conditions that make it harder to leave the home, drive, and, for instance, meet a friend for lunch.

When you move to a senior living community, you become part of a family. Older adults instantly gain access to a network of peers who live close by and share similar interests. Each day presents a diverse array of social events, activities, and interest groups along with socialization opportunities, special events, outings, and more.

Moving to a senior living community can ease feelings of **loneliness and social isolation**. At Sonata Senior Living, residents are matched with like-minded individuals. Residents transition from the family home to a robust social environment with daily opportunities to meet new people. Social connections formed in senior living communities are deep and meaningful and can lead to a variety of health benefits.

# FAMILY IS A PLACE CALLED COMFORT

When care and activities are customized to a resident's individual needs, **they feel more "at home."**

An in-depth interview with family members is the first step in the partnership. Families provide important information about their loved one's history, activity preferences, spiritual needs, routines, hobbies, and habits. Families are also given the opportunity to define what they believe a meaningful quality of life looks like for their loved one.

The process results in a "Lifestyle Profile" and serves as a guidepost for Sonata's caregivers as they program personal preferences into the resident's surroundings, environment, daily activities, and care. Using the Lifestyle Profile, caregivers are equipped to anticipate needs and create an individualized care plan customized for each resident. It also offers comfort to families knowing their loved one is treated as a special and unique individual.

Most importantly, Sonata partners with families to ensure the safety of their loved ones. We are one of a few assisted living communities in Florida that offers licensed nursing on-site, 24/7. We go well beyond the state mandate for hurricane preparedness in both construction and support services. And **staff training** exceeds state standards.

## Family Reassurance

- ❑ Lifestyle profiles
- ❑ Dedicated family meeting spaces
- ❑ Individualized care plans
- ❑ **Sonata Safe** signature programming
- ❑ Personalized programming
- ❑ Hurricane preparedness plans



# FAMILY SUPPORT AND RESOURCES

As experts in long-term care, senior living communities provide support and resources to help families in need of assistance before, during, and after a move to senior living.



## Family Resources

- Educational seminars
- Support groups
- Assistance with forms, such as [AHCA Form 1823](#)
- Automated text messaging
- Emergency alerts
- Monthly emails
- Social media posts

Sonata Senior Living offers education to both families and partner providers by opening our doors to host caregiver support groups and educational seminars.

If your loved one is in need of assisted living after a hospital stay, time is of the essence. Transitioning from hospital to an assisted living community often requires evaluations and paperwork that can be both confusing and time intensive. If necessary, Sonata can provide same-day evaluations to assess the needs of your loved one and will arrange for a smooth transition and seamless transition of care, whether from a home, hospital, or other setting.

Sonata provides care plan meetings with families 30 days after move-in and every six months thereafter or whenever there is a change in care plans. From there, monthly wellness updates with families helps us proactively address any changes.

Once moved in, all Sonata families are enrolled in a robust communications system to receive frequent updates, including information related to daily life in our communities, weather events, and more.

# CARE PARTNERS IN SENIOR LIVING

In senior living, caregivers are more than just the people who provide care. They are your care partners.

Some people prefer to transition to senior living community slowly. Rather than committing to a move they may not be ready for, Sonata Senior Living helps families make the transition gradually in its respite care program, which provides care up to three days a week. The **Respite Stay** program allows family members to experience overnight personalized care while providing a temporary rest.

Once your loved one moves to Sonata, our support continues and never stops. On-site wellness services help families by bringing essential health care services to Sonata, removing the need for families and caregivers to coordinate doctor's visits and therapy appointments. For those times an off-site doctor's visit is necessary, we will arrange scheduled transportation.

Continuity of care is essential to the well-being of senior living residents. Sonata's approach to care management leverages the latest in cloud access and is maintained in a secure electronic health records (EHR) system. Care providers can access residents' health records in one secure location, reducing the burden on families to coordinate care services.

## Wellness Services

- Scheduled transportation
- Short-term stays (respite)
- Care plan meetings
- On-site physical, occupational and speech therapies
- Licensed nursing 24/7
- Electronic health records
- Integration with care partners





At Sonata, we welcome new residents with open arms and a servant heart. But it's how we care for them that truly makes us feel like family.

Explore the ways Sonata Senior Living assures a family-centered approach to Senior Living and schedule a visit today.

**FIND A COMMUNITY**

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