

Welcome
to the
Silver Summit



Silver Summit

Brenda-Lee Smith

LIVING ARRANGEMENTS





Planning for the Golden Years

Silver Summit

February 10, 2024

Session 3

Oasis Senior Advisors

Compassionate, Personalized Senior Housing Services

Brenda-Lee Smith, BSN, CSA, CDP,
CADDCT:

- Diverse nursing background with a specialty in mental health care.
- Certified Senior Advisor and Certified Dementia Practitioner with knowledge of the local market and the support of a national franchise system.
- Assess, identify, and match families with resources and communities that best fit your personalized needs.



NAIPC Pillars to Successful Aging



Housing



Health &
Wellness



Personal
Finance



Transportation



Social
Engagement

Housing

- Accessibility
- Access to Care





Health & Wellness

- Mobility
- Cognition



Personal Finance

 **Cost of Care** Genworth 

San Diego Area,
CALIFORNIA

Monthly Cost 2021

Home Health Care	
Homemaker Services	\$6,387
Homemaker Health Aide	\$6,473

Based on annual rate divided by 12 months (assumes 44 hours per week).

Adult Day Health Care	
Adult Day Health Care	\$2,058

Based on annual rate divided by 12 months.

Assisted Living Facility	
Private, One Bedroom	\$5,475

As reported, monthly rate, private, one bedroom.

Nursing Home Care	
Semi-Private Room	\$9,384
Private Room	\$12,167

Based on annual rate divided by 12 months.

- Modifications for home
- Homecare
- Social



Social Engagement

- Isolation
- Mobility
- Mental Health



Transportation

- Driving
- Safety
- Isolation
- Freedom



NAIPC Pillars to Successful Aging



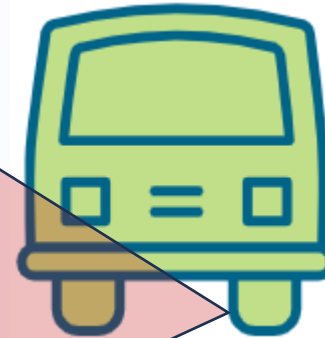
Housing



Health &
Wellness



Personal
Finance



Transportation



Social
Engagement

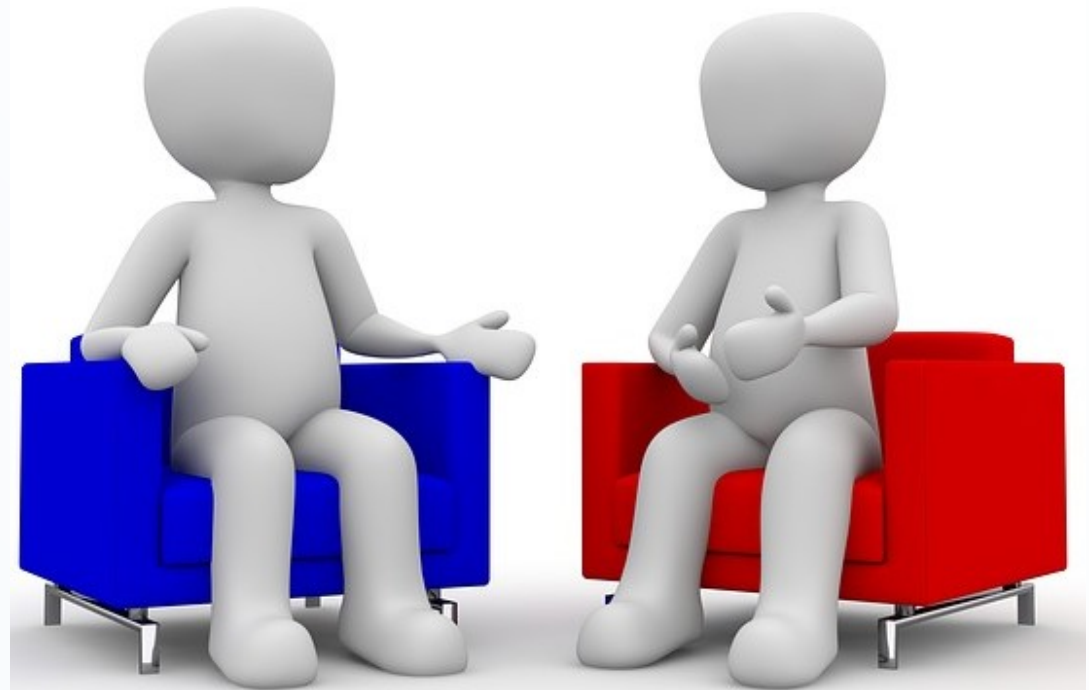
Identifying your Lifestyle Needs

- What are your goals?
 - Financial
 - Social
 - Care
- What does home mean to you?

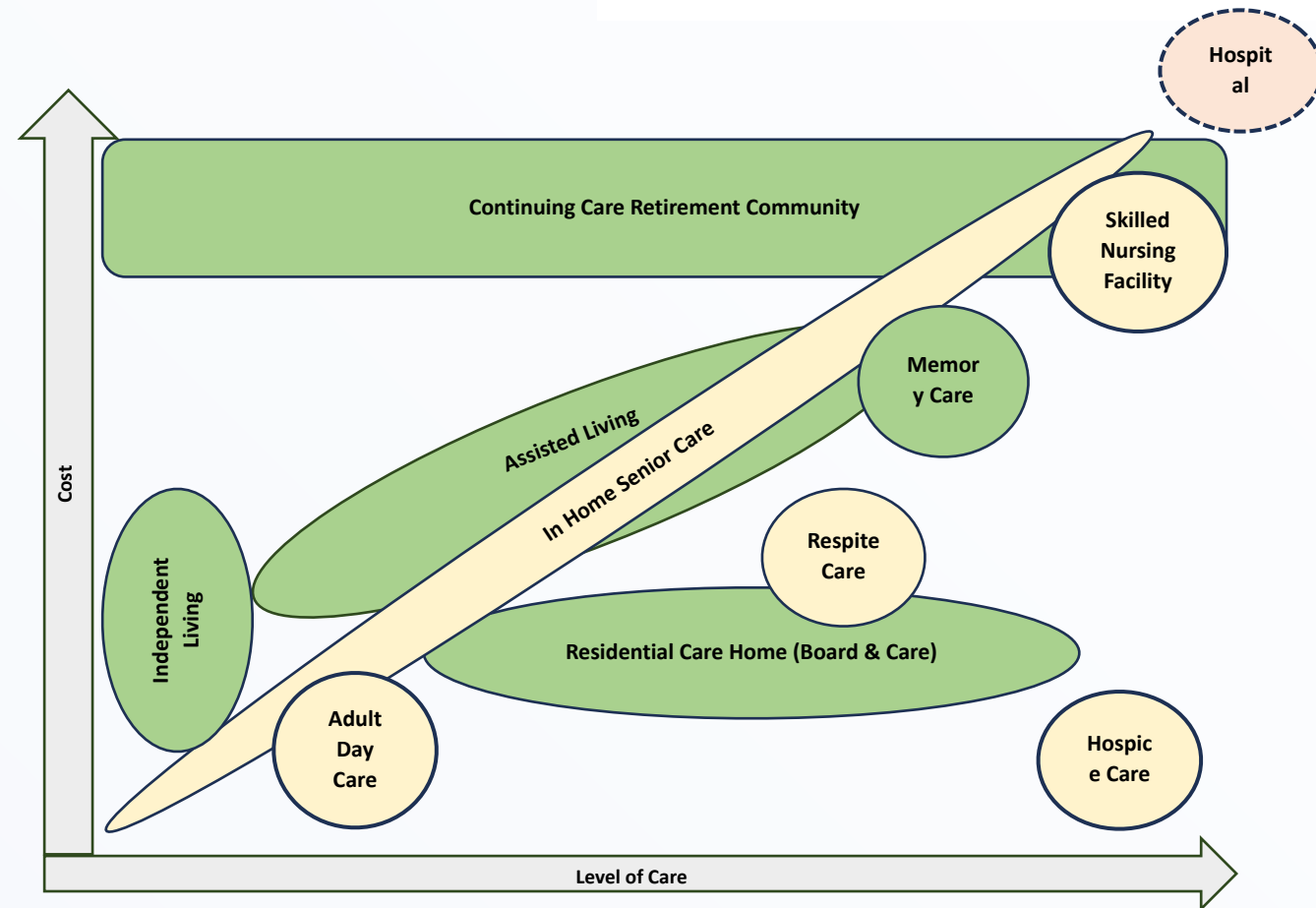


Making the move...What's next?

Schedule a consultation with a Senior Advisor. They can help you identify solutions to fit your goals.



The Senior Living Spectrum



Independent Living

Optimum for those who are independent, have few medical problems, desire companionship and recreational activities in a secured environment



Description

Atria La Jolla is a modern senior living community in San Diego, CA, offering an active lifestyle for independent older people. Residents enjoy a variety of comfortable amenities, including a swimming pool, a patio with barbecue area, all-day dining in multiple venues, a fitness center and a full-service salon.

We have a calendar packed with engaging events that will support even the most active lifestyle – from arts to exercise opportunities, we have it covered. You can learn a new language, sit in on a guest lecture, step out with the walking club, center yourself during yoga, take a water aerobics class or mingle with friends at happy hour.

Our attentive, 24-hour staff handles the daily tasks, allowing you to spend each day as you choose. Whether you're reading the LA Times on your private balcony, attending a shopping excursion with neighbors or enjoying a round of golf at nearby Torrey Pines, you will have more time to do the things you like and discover new interests.

Amenities & Services

- ✓ Transportation
- ✓ Private Bathroom
- ✓ Furnished
- ✓ Can Paint / Decorate Room
- ✓ Close to Public Transportation
- ✓ Wheelchair Accessible
- ✓ Exercise Room
- ✓ Cable
- ✓ Food - On - Order
- ✓ Communal Gardens
- ✓ Housekeeping for IL
- ✓ Podiatry
- ✓ Kitchenette
- ✓ Independent Temperature Controls
- ✓ Resident Parking
- ✓ Pets Allowed
- ✓ Barber / Beauty Shop
- ✓ Movie Room
- ✓ Internet Access
- ✓ Snacks Available
- ✓ On - Site Religious Services
- ✓ Laundry for IL



Independent Living Atria La Jolla

Description

Retire surrounded by sunshine in Arcadia Place, a senior living community located in Vista, California just north of San Marcos, and within minutes from the ocean and an hour from San Diego. The urban community is located near hospitals like the [Tri-City Medical Center](#), the gorgeous rolling [Welk Resorts San Diego Golf Course](#), the world's largest collection of convertibles at the [Deer Park Winery and Auto Museum](#) and the [Old Mission San Luis Rey](#).

Residents experience a comfortable and pet-friendly environment at Arcadia Place. Spacious parlors provide intimate settings for chess by the fire, or a conversation and coffee with friends. Thumb through books from the library or join an afternoon knitting group. Common areas are an extension of your own home and designed for your hobbies. You'll share chef-prepared meals in the community dining room overlooking the trees, and at the end of a full day, take your pooch for a walk to the courtyard and rosebush-lined gazebo.



Independent Living Arcadia Place

Assisted Living



These communities are licensed and regulated by the state in which they are located. They provide a special combination of housing, social activities and health care designed to meet the needs of those who live there.

Description

Best Senior Living in San Diego County. The award-winning Casa de Mañana Retirement Community, in beautiful La Jolla, California, is the jewel of the Southern California coastline.



Amenities & Services

- ✓ Transportation
- ✓ Podiatry
- ✓ Kitchenette
- ✓ Can Paint / Decorate Room
- ✓ Close to Public Transportation
- ✓ Pets Allowed
- ✓ Barber / Beauty Shop
- ✓ Movie Room
- ✓ Cable
- ✓ Food - On - Order
- ✓ Communal Gardens
- ✓ Housekeeping for IL
- ✓ Monthly Meal Plan for IL
- ✓ Diet Modifications / Managements
- ✓ Private Bathroom
- ✓ Independent Temperature Controls
- ✓ Resident Parking
- ✓ Smoking Allowed Outside
- ✓ Wheelchair Accessible
- ✓ Exercise Room
- ✓ Wellness Center
- ✓ Internet Access
- ✓ Snacks Available
- ✓ On - Site Religious Services
- ✓ Laundry for IL
- ✓ pool



Assisted Living Casa de Manana

Description

Westmont of Carmel Valley sits on over 20 acres with beautiful canyon views. On-site amenities such as a pool, fitness center, movie theater, walking trails, pet area, restaurant, bistro, garden, and activity room. Offering Independent Living Casitas, Independent Living, Assisted Living, and Memory Care apartments. Apartments come equipped with full kitchens and washers/dryers with canyon or courtyard views. Rates start at \$4,995. Opening December 2023.

Resort-style living is nothing without inspiring activities to match. In our brand-new community, you can rest assured every day will bring something exciting. Start your morning in our outdoor pool with laps or water aerobics. Meet up with neighbors in our bistro for a tasty lunch date or a soothing cup of tea. Choose from our full calendar of events and programs to find the activities that suit you best. At Westmont of Carmel Valley, we are always looking for opportunities to help you live your way.

Our team is passionate about providing the right level of support for our residents to help them lead full, fun, and comfortable lives. Seniors seeking an active, maintenance-free lifestyle will enjoy our assisted living Carmel Valley option. Assisted Living residents receive the same freedom and access as our Independent Living residents, with added help for daily living activities.

Independent Living at Westmont of Carmel Valley is ideal for those who are ready to leave behind household chores and live among friends. Choose to make one of our comfortable apartments your new home and enjoy access to an extensive list of services and amenities designed for easy living.

Westmont of Carmel Valley is proud to provide reliable Assisted Living services that cater to your daily needs and help you retain independence. With 24/7 staffing, our friendly team of senior care professionals is ready to help at a moment's notice.

Memory Care at Westmont of Carmel Valley provides an individualized program catering to each resident's specific needs and focusing on their unique skills and abilities to promote and maintain a richer, more fulfilling life. The environment is friendly and comfortably secure, with 24-hour staffing and a dedicated Memory Care Program Director. Learn more about our Compass Rose Program.



Assisted Living Westmont Carmel Valley



Residential Care Home

Also known as a Board and Care, they are a private residence in a residential neighborhood. Like Assisted Living, these communities are licensed and regulated by the state in which they are located.

Description

Experience the elegance and uniqueness of La Jolla Senior Care Homes! Based atop Mount Soledad in beautiful La Jolla, we provide exceptional personalized care in the comfort of a home setting. Our priority is to provide a dignified and comfortable experience that our residents and families deserve. We do so by providing strict attention to detail and resident's individual needs. We have experienced personnel that proactively provide an array of services such as personal hygiene & dressing, dietary management with gourmet meals, medication management, music & reading, exercise/stretching, etc. We also implement a dementia management program based on the Senior Gems® program developed by world renowned educator, Teepa Snow. Our homes are centrally located and in close proximity to world class medical systems. In summary, we provide an unparalleled level of care for our residents. Give us a call to schedule your private tour!

Amenities & Services

- ✓ Diet Modifications / Managements
- ✓ Furnished
- ✓ Wheelchair Accessible
- ✓ Cable
- ✓ Food - Set Menu
- ✓ Communal Gardens
- ✓ Podiatry
- ✓ Can Paint / Decorate Room
- ✓ Barber / Beauty Shop
- ✓ Internet Access
- ✓ Snacks Available
- ✓ Accepts Psychiatric Issues



Residential Care Home

La Jolla Casa Fiesta

Description

▼ Details

We offer three home cooked meals daily, laundry services, cleaning, and everything else that goes along with maintaining a household. Your loved one won't need to do a thing and they'll love it.

We accommodate any level of care, whether your loved one has mobility issues, needs their medication managed, or requires assistance with toileting or incontinence, we're here to help.

Our facility has six spacious private bedrooms, two full community bathrooms, and one private bathroom. Our home is well equipped with every safety device and each bedroom is fully furnished.

We have relationships with mobile doctors and dentists, hairstylists, transportation agencies, pharmacies, and local resource centers. We strive to meet the needs of our residents.

Amenities & Services

- | | |
|--|--|
| <input checked="" type="checkbox"/> Diet Modifications / Managements | <input checked="" type="checkbox"/> Podiatry |
| <input checked="" type="checkbox"/> Private Bathroom | <input checked="" type="checkbox"/> Furnished |
| <input checked="" type="checkbox"/> Can Paint / Decorate Room | <input checked="" type="checkbox"/> Wheelchair Accessible |
| <input checked="" type="checkbox"/> Barber / Beauty Shop | <input checked="" type="checkbox"/> Cable |
| <input checked="" type="checkbox"/> Internet Access | <input checked="" type="checkbox"/> Food - Set Menu |
| <input checked="" type="checkbox"/> Snacks Available | <input checked="" type="checkbox"/> Communal Gardens |
| <input checked="" type="checkbox"/> On - Site Religious Services | <input checked="" type="checkbox"/> Med Mgmt Monitoring for IL |
| <input checked="" type="checkbox"/> Housekeeping for IL | <input checked="" type="checkbox"/> Laundry for IL |
| <input checked="" type="checkbox"/> Monthly Meal Plan for IL | <input checked="" type="checkbox"/> Accepts Psychiatric Issues |
| <input checked="" type="checkbox"/> Housekeeping | <input checked="" type="checkbox"/> In - room Dining |
| <input checked="" type="checkbox"/> Gluten Free | <input checked="" type="checkbox"/> Mechanical Chop |
| <input checked="" type="checkbox"/> Puree | <input checked="" type="checkbox"/> Thickened Liquids |



Residential Care Home

Vista Elder Care

Memory Care

Like Assisted Living, these communities are licensed and regulated by the state in which they are located. They have specialized programs for residents with Alzheimer's or other forms of cognitive impairment



Description

While there is currently no cure for most progressive forms of dementia, it doesn't mean we're powerless against them. Mounting research is building an understanding that there may be ways to slow the progression and change the pathologies of many common dementias, giving those afflicted with them and their families the possibility of more precious, fulfilling moments together.

Nexus, from the Latin for "connections," is Silverado's specially designed program to help individuals in the early stages of dementia build and maintain cognitive ability. The program is comprised of six pillars of activities in which memory care residents and Flex Care guests will participate. The program consists of 20 hours per-week of specialized programming along with individualized assessments and tracking that is provided to families quarterly. The links below provide details on these six pillars and outline the research that contributed to the program's design.

Based on a growing body of compelling evidence that lifestyle factors can affect the onset and progression of Alzheimer's disease, Nexus at Silverado has been found with statistical significance to stabilize or improve cognition and Activities of Daily Living (ADL) performance among residents in the early stages of dementia.

Amenities & Services

- ✓ Transportation
- ✓ Podiatry
- ✓ Furnished
- ✓ Close to Public Transportation
- ✓ Wheelchair Accessible
- ✓ Wellness Center
- ✓ Internet Access
- ✓ Snacks Available
- ✓ On - Site Religious Services
- ✓ Diet Modifications / Managements
- ✓ Private Bathroom
- ✓ Can Paint / Decorate Room
- ✓ Pets Allowed
- ✓ Barber / Beauty Shop
- ✓ Cable
- ✓ Food - On - Order
- ✓ Communal Gardens
- ✓ Accepts Psychiatric Issues



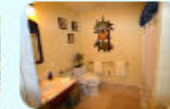
Memory Care Silverado Encinitas

Description

Vista Gardens is a family-owned and operated assisted-living Memory Care Community located in the serene countryside of Vista, California. We have designed a memory care facility that provides for the well-being of your senior loved one in an innovative, safe and secure environment. Our care services are personalized for each of our community members to enhance their quality of life and to provide you, their family, with peace of mind. There are no "No's" in our care team's vocabulary.

Amenities & Services

- ✓ Transportation
- ✓ Podiatry
- ✓ Furnished
- ✓ Close to Public Transportation
- ✓ Pets Allowed
- ✓ Barber / Beauty Shop
- ✓ Movie Room
- ✓ Cable
- ✓ Food - Set Menu
- ✓ Snacks Available
- ✓ On - Site Religious Services
- ✓ Diet Modifications / Managements
- ✓ Private Bathroom
- ✓ Can Paint / Decorate Room
- ✓ Smoking Allowed Outside
- ✓ Wheelchair Accessible
- ✓ Exercise Room
- ✓ Wellness Center
- ✓ Internet Access
- ✓ Food - On - Order
- ✓ Communal Gardens
- ✓ Accepts Psychiatric Issues



Memory Care Vista Gardens

Skilled Nursing Facility



State licensed facilities that provides 24-hour skilled nursing to patients due to hospitalization.

They provide regular medical supervision and rehab therapy to maintain Medicare/Medicaid funding.

Continuing Care Retirement Community

These communities range from Independent Living to Skilled Nursing with a variety of options in between.



Description

An elegant and simple plan for the future. No more than you need. And no less than you deserve. Beautiful homes, attractive amenities, helpful services, and convenient access to long-term-care should you ever need it. If you're ready to expect more from retirement, then you're ready to learn more about the value of La Costa Glen.

From an assortment of spacious single story homes on quiet cul-de-sacs to apartments in varying shapes and sizes, each neighborhood offers a variety of choices suited to your unique tastes and needs. As a master-planned community, La Costa Glen was carefully designed to provide thoughtful connections, meaningful gathering spaces and expansive views of the surrounding open space preserves.

Amenities & Services

- ✓ Transportation
- ✓ Podiatry
- ✓ Kitchenette
- ✓ Can Paint / Decorate Room
- ✓ Pets Allowed
- ✓ Barber / Beauty Shop
- ✓ Movie Room
- ✓ Cable
- ✓ Food - On - Order
- ✓ Communal Gardens
- ✓ Laundry for IL
- ✓ Accepts Psychiatric Issues
- ✓ Library
- ✓ Special Interest Clubs
- ✓ Laundry in Unit
- ✓ Diet Modifications / Managements
- ✓ Private Bathroom
- ✓ Independent Temperature Controls
- ✓ Resident Parking
- ✓ Wheelchair Accessible
- ✓ Exercise Room
- ✓ Wellness Center
- ✓ Internet Access
- ✓ Snacks Available
- ✓ Housekeeping for IL
- ✓ Monthly Meal Plan for IL
- ✓ Concierge
- ✓ Pool
- ✓ Housekeeping
- ✓ Scheduled Laundry Services



CCRC

La Costa Glen

Description

Our community environment is rich in daily activities, including Bingo, exercise and music classes, movie nights and more. We also offer restaurant-style dining where residents can choose between a variety of delicious dishes prepared daily by our resident chef at any time of day. In addition, our common areas and apartments have been designed to make our residents feel right at home.

If you or your loved one is looking for a safe place to call home that also offers resort-style amenities, Torrey Pines may be the perfect fit. **Take our lifestyle quiz and see if our community is right for you!**

- All Day Dining & On-Site Restaurant
- Full Calendar of Daily Activities
- 24-Hour Staffing & Emergency Response
- Shuttle and Appointment Transportation
- Kitchenette in Each Apartment

- Housekeeping & Laundry Services
- Beauty Salon & Barber Shop
- Gardening/Greenhouse
- Pet Friendly
- Qualified Staff for wide variety of Care Levels

Amenities & Services

- ✓ Transportation
- ✓ Podiatry
- ✓ Kitchenette
- ✓ Diet Modifications / Managements
- ✓ Private Bathroom
- ✓ Independent Temperature Controls



CCRC Torrey Pines Senior Living

Your Senior Advisor The Oasis Process

- FREE no-obligation consultation
- Identify your lifestyle needs
- Identify other sources of income
- Identify budget
- Personalized list of local housing options
- Touring the communities
- Helping make the decision
- Providing other referral resources





We're here for you, today!

760.688.7618

Bsmith@youroasisadvisor.com

One Call. Many Solutions. | OasisSeniorAdvisors.com/Coastal-San-Diego