

## The Senior Housing Continuum...

### Where does Westfield Senior Housing fit in?

Choosing senior housing is a difficult and important process. Senior residences and senior care facilities offer different care options. A facility should be chosen based on the kind of care required by the senior. The main factors to keep in mind are cost, privacy, independence, medical care, custodial care, and care for special needs.

The options are:

- **Independent Living:** A housing arrangement designed exclusively for seniors. No custodial or medical care is available, but there may be other services provided. If custodial or medical care is needed, residents may bring in outside services. (Westfield Senior Citizens Housing and Second Westfield Senior Citizens Housing, see below)
- **Assisted Living:** A facility for people who can't live on their own, but who don't need Nursing Home services. Residents may need assistance with Activities of Daily Living (ADLs) such as bathing, dressing, cooking, eating, housekeeping. Medical care is limited.
- **Nursing Homes (Skilled Nursing Facilities):** A facility that provides short or long-term medical care, 24 hours per day.
- **CCRC:** A residential community for the remainder of one's life, with a choice of services and living situations, based on changing needs at each point in time. This option is suited to people with financial resources.

Westfield Senior Housing and Second Westfield Senior Citizens Housing are apartment buildings designed for low-income seniors age 62 and over. We are at the independent living end of the continuum, but distinguish ourselves by offering a wide variety of services. What sets us apart from other senior housing facilities is a full recreation program, transportation to shopping and special events, a social worker on site 5 days a week, and a congregate services program that can provide dinner daily, housekeeping, and personal assistance, with fees based on an individual's ability to pay. Our mission is to enable seniors to remain in their homes as long as possible, and our capable and caring staff can help guide you in making the right decisions for you or your loved one.