



SENIOR LIVING *guide*

Navigating senior living can be overwhelming.

Our guide is here to help you gain a better understanding of the service line options and levels of care that are available to seniors who call our communities home.

PART 1:
**THE TRILOGY
ADVANTAGE**





What is The Trilogy Advantage?

Trilogy Health Services was built on a foundation of family values: compassion, honesty, respect, and above all, service to others. For 25 years, we've been connecting with people across the Midwest who share these values. When you choose a Trilogy senior living community, you can count on us to serve you according to our values, and to uphold those values with standards you can depend on. That's The Trilogy Advantage.

You'll feel it the moment you walk through our doors, and you'll see it everywhere you look. It's what makes every Trilogy Senior Living community a choice you can be proud of.

It's pursuing clinical excellence every day.

As a senior living provider, we understand that caring for the whole person means supporting all aspects of their health and well-being. That's why we're proud to partner with Synchrony Health Services to offer our post-acute residents both pharmacy and rehabilitative care. By doing so, we can ensure that they receive the best clinical care available, right in the comfort of their own home. **Learn more at synchronyhs.com.**

It's having a lifestyle that will always surprise you.

At Trilogy, we believe each day should be more special than the last. That's why we've created an activities calendar filled with opportunities for connecting with others—whether it be through themed events, trips into town, or exploring new passions with friends that share them. Our vast range of Life Enrichment activities are designed to promote creativity and brainpower while tending to your mental and spiritual wellness. And if you need to stay connected from a distance, we have the technology and the know-how to keep you in touch with those you love. **Learn more at trilogyhs.com/signature-programs.**

It's a dining experience that will keep you coming back for seconds.

If you were to ask any of our residents about their dining experience, you might be surprised by the variety of their responses. Some might tell you about the unique flavor of their personalized dish. Others might talk about the time that the dining room was transformed into a Las Vegas casino. At Trilogy, we believe that dining is an experience to be savored, and no two experiences should ever be the same. Thanks to our signature dining programs, we're proud to enrich the lives of those we serve at each of our senior living communities—three times a day, seven days a week.

Learn more at trilogyhs.com/signature-programs.

PART 2:
**UNDERSTANDING
CARE OPTIONS**



SENIOR LIVING GUIDE



We offer luxury Independent Living villas and apartments, compassionate Assisted Living services, a full range of Rehabilitation, Skilled Nursing, and even Memory Care services for those living with Alzheimer's or another form of dementia. Every level of care we provide, from basic assistance to round-the-clock clinical care, is delivered by people who will take the time to learn your story, and who will act in your best interests, always.

Assisted Living

What is Assisted Living?

Assisted Living services are here to offer a helping hand while you maintain your maximum level of independence. Whether it's making the bed or managing your medications, our clinical experts will help you with any and all activities of daily living so that you can enjoy living life to the fullest. *Our Assisted Living services include:*

- Assistance with activities of daily living.
- Licensed nurses available 24/7.
- Medication administration or assistance.
- Social Services available as needed.
- Therapy services provided in our rehabilitation gym or in the privacy of your suite.



Our Assisted Living residents also enjoy the comfort of having their own private/semi-private suites—complete with full bathrooms, walk-in showers, and housekeeping and laundry services. Each suite also has convenient access to nearby dining and living areas.

How do I know if Assisted Living is right for me?

Knowing whether you or a loved one needs Assisted Living can be challenging—especially if you don't know what you're looking for. That's why we've compiled a list of signs to be on the lookout for when considering your options for senior living.

Visit our blog article ["Is Assisted Living the Right Choice For You?"](#) for a full list of factors to consider when making your choice.





Memory Care

What is Memory Care?

Memory Care services (commonly referred to as “Legacy” services at Trilogy campuses) are available to help those navigating a journey with Alzheimer’s or a form of dementia. When experiencing memory loss, simple moments that may have been taken for granted become both meaningful and comforting—which is why it’s essential that they have access to both specialized programs and compassionate support.

- Inspired by David Troxel and Virginia Bells’ **Best Friends™ approach**, we see our caregivers learning the unique life story of each person that they serve. They then use that story to inform every aspect of the individual’s care.



Learn more at trilogyhs.com/bff.

- Our Daily Rhythms programming is supported by national Alzheimer’s advocacy groups, and provides those with memory loss a schedule that promotes comfort and fulfillment.

Learn more at trilogyhs.com/memory-care.

I’m thinking about Memory Care for my loved one. How do I start the conversation?

When communicating with those with Alzheimer’s or dementia, it’s important to be mindful of any obstacles they might face. **Visit our resources page at trilogyhs.com/family-resources and select “Communicating With Someone With Alzheimer’s” to learn about how we can be mindful when having conversations with a loved one.**

SENIOR LIVING GUIDE



Independent Living

What is Independent Living?

Independent Living services are encouraged for those who value living on their own while being free from day-to-day hassles. As a member of an Independent Living community, you'll enjoy having friends next door without ever having to worry about when you'll mow the grass, who will take care of the dishes, and when there will be something to do.

Villas and apartments include:

- A full kitchen.
- Cable.
- Wi-Fi availability.
- A smoke-free community.
- A pet friendly community!

Everyday conveniences include:

- Meal plan options with restaurant-style dining.
- Scheduled outings and activities.
- 24-hour emergency maintenance.
- Laundry service available.
- Moving assistance.
- A private parking garage with reserved spaces for Villas.

I'm trying to find a Trilogy community that offers Independent Living. Where should I look?

We're proud to offer Independent Living neighborhoods all across Kentucky, Indiana, Ohio, and Michigan.

Visit trilogyhs.com/communities to find a Trilogy Independent Living community near you!

SENIOR LIVING GUIDE



Skilled Services

What are Skilled Services?

Clinical services help individuals get back to feeling like their best selves. At Trilogy, our Rehabilitation, Skilled Nursing, and Short-Term Care services tend to our seniors' physical and mental wellbeing while being adaptable to each individual's unique needs.

Rehabilitation: Through our partnership with Synchrony Rehabilitation, we're proud to offer physical and occupational therapies, as well as speech-language pathology. Synchrony's team of clinical experts will help guide you through your recovery through an injury, illness, or fall while offering short-term stays at a Trilogy campus. **Learn more at synchronyrehab.com.**

Skilled Nursing: Skilled Nursing services are available to those in need of next level care. We offer 24-hour Skilled Nursing services right on site, complete with private and companion suites, nutritional services provided by a registered dietitian, pharmacy and laboratory services, radiology services, discharge planning, resident/family training and education, and more.

Short-Term Care: Short-Term Care services are available to seniors in need of care for a shorter extension of time—whether that is a few days or a few weeks.

Respite Care: Offered to seniors who would like to stay at the campus for consecutive days and nights, from one day up to 30 days. Respite Care allows the caregiver the opportunity to have some time for themselves to recharge or to take care of errands and tasks that they would otherwise not be able to complete due to the demands of caregiving.

Adult Day Services: These services are available to provide family caregivers a moment for themselves while their loved one receives care. At Trilogy, our Adult Day services include access to all programs and amenities and include no minimum stay.

Learn more at trilogyhs.com.

PART 3:
**FREQUENTLY
ASKED
QUESTIONS**



SENIOR LIVING GUIDE



What are your business office hours?

Monday & Wednesday:

8:00 A.M. – 6:00 P.M.

Tuesday, Thursday, & Friday:

8:00 A.M. – 4:30 P.M.

Who do I contact if something needs to be repaired in our suite?

Should you need something repaired, our Plant Operations Director can assist you. Any team member can complete a repair request for you. You can also enter a request from our campus website under the “Contact Us” tab.

Who do I contact for assistance with moving furniture or other heavy items in our suite?

For assistance with moving heavy items, simply contact Environmental Services or the Plant Operations Director. We have several carts to make moving furniture easier.

Who do I contact if I want to share a meal with my loved one while at the campus?

We prefer reservations 24 hours in advance for any Guest Meal—but will do our best to accommodate you with less notice. A Guest Meal ticket for our standard breakfast/lunch/dinner is **\$7.50**. Guest Meal tickets for special events, such as Sunday Brunch or a holiday meal, are **\$12.50**. Meal tickets are sold in the Business Office or through the Manager-on-Duty on Saturday and Sunday.

Do you offer accommodations for a private family dinner or celebration?

Yes. Private dining rooms are available for a special dinner, celebration, or to enjoy a meal in an intimate atmosphere. Make your reservation by contacting Guest Relations. Private Dining Rooms are reserved on a first-come, first-served basis.

Can I access the Internet while I am in your campus?

Yes. Wi-Fi access is available in the common areas of our campus. Select the “Resident” network connection.

Did you know? Our staff uniform shirts are color coded to identify the various members of our campus teams.

That’s right. For instance, our Nurses and Unit Managers wear Light Blue, but you’ll always see a member of the Plant Operations team wearing a Navy button down shirt.