



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING
150 YEARS!

A Healthy Tradition of Care and Wellness

Tips for Transitioning from Respite Care to Senior Living

When seniors experience a short-term, respite care stay, they get to experience the lifestyle of the senior living community. After meeting the staff and other residents and participating in activities offered by the community, some seniors might decide this is a lifestyle they enjoy. There are many benefits of living in a senior living community, and this includes peace of mind for the caregivers as well.

The Benefits of Saunders House Living:

Saunders House has a lot to offer seniors living in long-term care. This includes:

- **A highly skilled and caring team.** Nurses, physicians and nutrition specialists are here to give the best care to residents.
- **Therapy.** A range of therapies are available to residents as needed.
- **A comfortable and warm environment.** Private and semi-private rooms, three meals a day, unlimited visiting hours and friendly team members make Saunders House feel like home.
- **Life Enrichment programs.** With plenty of activities to choose from, residents can pick what they would like to do based on their capabilities and preferences.
- **Common areas.** There are lounges, outdoor patios and recreation spaces for residents to enjoy.

When to Consider a Senior Living Community:

- **Your loved one cannot move safely around the house.** Restricted mobility can make staircases and heavy or otherwise hard-to-open doors more difficult.
- **Has trouble remembering to turn off appliances.** Forgetting to turn off stoves and ovens is a major hazard.
- **Can't maintain hygiene.** Difficulty showering or brushing teeth can lead to skipping these routines for days at a time.
- **Needs help with chores and meals.** Not being able to clean or cook for themselves puts a lot of responsibility on the caregiver and can sometimes be too much.
- **Not able to take medicine safely.** Issues with correct dosage and time makes daily medication a health risk for the senior.



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Transitioning to a Senior Living Community:

Moving from home to a senior living community might be tough. However, there are ways for the caregiver to help their loved one make the transition.

- **Start the conversation.** If a senior requires 24/7 care to remain safe, then it's time to start the path to long-term care. However, they shouldn't feel like the decision is being made for them.
- **Help them move.** Be there to reassure and support them throughout the moving process. This is a big change, and the caregiver can be a source of comfort.
- **Personalize their new room.** Decorate their room before they move in so it already feels like home. The familiarity will help them transition into the senior living community.
- **Communicate with staff.** Let the staff know about their new resident and talk about their personality, interests, likes and dislikes. This allows the staff to have an early personal connection to your loved one.
- **Eat with them.** After the move-in process, you and your loved one should have a meal together. This provides quiet, one-on-one time to give more reassurance and encouragement.

Two reasons seniors move into senior living communities are safety and quality of living. The transition can be tough for the senior and the caregiver, but there are ways to make it easier. Saunders House strives to be the best home for its residents and will always provide exceptional care and comfort for seniors.

Discover Our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Medical Center, Saunders House – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to seniors and their families. It's a tradition we're proud to continue.

Today, Saunders House offers a range of services – including [short-term rehabilitation](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.



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For more information on Saunders House, our Short-Term Rehabilitation program and other professional services, please call us today at (610) 658-5100 or [contact us](#) online.

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