



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING
150 YEARS!

A Healthy Tradition of Care and Wellness

Tips for Deciding When It's Time for Long-Term Care

As seniors age, they might not be able to take care of themselves. Even with the help of a caregiver, they could need a higher amount of care and assistance. Long-term care is a major decision, but ultimately it's about keeping seniors healthy and safe.

Signs It's Time for Long Term Care

There are several issues to watch out for when trying to determine if long-term care is the next course of action. Deterioration in any of these categories should show that it could be time to consider long-term care.

- **Physical Signs.** Changes in weight, strength, energy and balance can be dangerous to a senior, especially if he or she is living alone. This can also complicate actions like dressing and eating. The nursing staff assists residents with these actions in Long Term Care.
- **Mental Signs.** Memory loss or confusion could be signs of dementia and should not be ignored. If a senior is continually having trouble with memory, this can turn into a safety issue. Additionally, confusion about names, dates and places that were once common can be frustrating and demoralizing.
- **Lifestyle.** If the house is in disarray or if things are strangely out of place, then this might signal that long-term care is required. There can be more serious signs like marks on the fence or garage from the car hitting it or burn marks in the kitchen from the stove left on for too long.
- **Hygiene.** Inability to use the bathroom, shower and forgetting to brush their teeth are detrimental to health and other signs that they need long-term care.

Benefits of Long-Term Care

- **Safety.** There is no longer a reason to constantly worry about problems with household appliances or mixing up medications.
- **Professional care.** Trained professionals will be looking out for their residents with a compassionate perspective that allows the residents to trust and be comfortable around the staff.
- **Social aspect.** With plenty of activities to participate in with other residents, seniors have many opportunities to socialize with staff and friends on a daily basis.
- **Peace of mind.** Knowing their loved one has constant care from people looking out for them and making their lives as enriched as possible, former family caregivers can rest assured that they made the right decision with long-term care.



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Traditional Nursing Care at Saunders House

- **The Staff.** Saunders House has 24-hour care from a highly skilled and dedicated team comprised of people who are ready to provide the best care possible every day.
- **Therapy.** Physical, occupational, speech and recreational therapy are all offered at Saunders House. With this range of therapeutic categories, residents that require therapy will be able to get the services they need.
- **Environment.** This is the residents' home and its design and decoration reflects that. With furnished rooms, a dining room, places for recreational activities, outdoor patios and safety accommodations, Saunders House feels just like home.
- **Lifestyle.** Residents can see their families whenever they want. When their families are not here, residents can participate in the engaging Life Enrichment programs. A few examples of the types of the programs are arts & crafts, cooking classes and games.

When the signs that a loved one cannot live by himself or herself are noticed by the family, then it may be time to consider long-term care. Long-term care allows residents to enjoy an active, fulfilling lifestyle complete with 24-hour care and support, resulting in enhanced overall well-being. Saunders House has the perfect environment and staff to allow their residents to thrive and live happily.

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.

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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