

# quality OF *life*

IN ASSISTED LIVING



While once thought of primarily as a way for seniors to get help with the physical aspects of aging, Assisted Living communities are not only meeting day-to-day needs but significantly contributing to quality of life for seniors. According to a new survey, an overwhelming majority of residents and family members would recommend their Assisted Living community to a friend.

The survey, commissioned by CALA and conducted by ProMatura<sup>1</sup>, specifically points to the monumental impact this popular care model is having on the well-being of California's seniors.

## SENSE OF BELONGING

Quality of life is contingent on relationships and on feeling a sense of acceptance. A sense of security is also critical. These survey results show that residents feel recognized and validated within the Assisted Living care model—they feel like they belong there, and the community feels like home.



**98%** of residents and family members say staff members are friendly.

**95%** of residents are comfortable with the people in their communities.

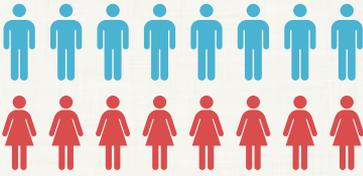
**95%** of residents believe they are safe and secure in Assisted Living.

**96%** of family members believe their loved one is safe and secure.

# SENSE OF CONTROL

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For residents who face a loss of control due to issues associated with aging, belief in the abilities of the people helping them creates a sense of control. These measurements reflect the fact that residents feel they are receiving competent care from qualified staff, which contributes to their overall well-being.



**94%**

of residents believe they **receive the help they need.**

**92%** OF FAMILY MEMBERS BELIEVE THEIR LOVED ONE IS RECEIVING THE HELP THEY NEED.

**93%** OF RESIDENTS AND FAMILY MEMBERS BELIEVE STAFF MEMBERS ARE SKILLED AT DOING THEIR JOBS.

# DESIRABILITY OF ASSISTED LIVING

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The high percentage of potential referrals indicates that both residents and family members believe the Assisted Living model has a positive impact on quality of life.



of residents indicated that they would **recommend their Assisted Living** community to a friend.



of family members **would recommend** their loved one's community to a friend.

# SUMMARY

This study reveals that, by promoting a sense of belonging and control, California Assisted Living communities are having a positive “whole person” impact on the lives of residents. These factors allow seniors to move beyond physical challenges that come with aging and pursue life-enriching endeavors that significantly add to their sense of self.



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