



Enhanced Assisted Living

Comprehensive Care in a Residential Setting

What is Enhanced Assisted Living?

Thinking about senior care exclusively in terms of nursing home care is a thing of the past. These days there are a variety of options—different levels of care that offer a range of supports for different lifestyles. For older adults living in New York State, Enhanced Assisted Living Residences (EALR) can help give those wishing to live as independently as possible a much greater opportunity to “age in place.”

The creation of the enhanced assisted living level of care allows residents—when their physician and the care provider are in agreement—to have their individual needs met safely in a care setting that is less restrictive than a skilled nursing facility. Enhanced assisted living services are provided in assisted living communities by professional nurses and resident care staff, but not all assisted living providers offer enhanced assisted living. For those that do, enhanced assisted living is the highest level of senior care available below a certified nursing facility.



Enhanced Assisted Living: A Higher Level of Care

Enhanced assisted living is not necessarily a better option than traditional assisted living—it is simply another option available that promises a higher level of care. In fact, in an ideal situation, assisted living and enhanced assisted living are both offered as part of a continuum of care. Residents regularly receive assistance with activities of daily living (medication management, dressing, bathing, etc.) as part of assisted living. When care needs exceed traditional assisted living guidelines, the enhanced assisted living license allows for additional care to support the resident's increasing needs.





“ I really have to credit the staff,” says Doris, a resident at St. John's Meadows whose late husband moved to the Hawthorne at St. John's Meadows when individual needs required a higher level of care. “They were so good to him. I have nothing but good things to say about the people who work here.”

[LEARN MORE](#) ABOUT ENHANCED ASSISTED LIVING
AT THE HAWTHORNE AT ST. JOHN'S MEADOWS



EXPERT ADVICE

Kathy Sindoni

- Owner and Chief Consultant, Substantial Compliance Consulting Group
- Registered Nurse
- Care Manager and former Administrator

What is the biggest benefit of enhanced assisted living for residents?

“The biggest thing is that it allows people to stay (where they live) and age in place and not have to move to a higher level of care unnecessarily. As a result, residents can often stay longer than they could have under regulations for lower levels of care.”

Why consider a spectrum/continuum of care that includes enhanced assisted living?

“Even if they (prospective resident) don't need it now, they know that the community has it available for future needs. The potential benefits of having this level of care are huge if you consider that assisted living is about half the cost of skilled nursing and a less restrictive environment. It's a game changer.”



When new residents move to the Hawthorne at St. John's Meadows, either from their own home or from a lower level of care such like independent living, they benefit from the support of a new extended family of compassionate caregivers.

Watch [this video](#) to see just one way that we form meaningful care partnerships with loved ones living close by or across the country.



Additional Support through Enhanced Assisted Living

"The additional license of enhanced assisted living residence allows residents in assisted living to stay longer and continue living in their community," explains Hannah Pender, a St. John's Meadows Elder Advocate who helps independent living residents navigate the health care, senior care, and long-term care systems. "This higher level of care offers support with falls prevention, medication management, and managing oxygen support."

These are the types of services* made available to residents through enhanced assisted living:







- Assistance with ambulation
- Assistance with transfers (getting in and out of bed and chairs)
- Incontinence management
- Catheter and colostomy management
- Diabetes/insulin management
- Wound care
- Oxygen/concentrator support
- Other skilled nursing care (eye drops, vital signs, etc.)

**While the EALR license through the New York State Department of Health allows for facilities to perform these enhanced services, each individual operator may or may not choose to offer these specific services.*



Questions to Ask when Choosing an Enhanced Assisted Living Community



-  What specific services are provided? Are there types of care that are not provided?
-  Who provides enhanced care and what are their qualifications?
-  Who oversees enhanced care and what are their qualifications?
-  Are there price tiers that can bring additional costs when care needs increase?
-  What happens if and when care needs exceed the scope of enhanced assisted living?
-  How do I know if my loved one qualifies for enhanced services? What is the process?



EXPERT ADVICE

Melissa Waite

- New York State licensed social worker
- St. John's Meadows Elder Advocate
- Specializes in working with veterans and caregivers

What should people researching senior housing/long-term care provider look for specific to enhanced assisted living?

"Families should continue to consider changing needs that accompany the aging process. A provider offering both assisted and enhanced assisted living levels of care helps to bridge potential gaps as needs change. This bridge gives older adults the opportunity to age in place longer."

What are some indicators that people living independently might need enhanced assisted living level of care?

"Families may notice their loved one struggling with managing medications, preparing meals, or caring for personal needs. Enhanced assisted living provides an increased level of care while still allowing for day-to-day autonomy. Loved ones may also notice the older adult's growing fear of being alone or a greater need for connection. An enhanced assisted living community providing that extended family of support can be a viable solution."



How St. John's Enhanced Assisted Living Stacks Up



Nursing Longevity: Registered Nurse Chris James has long been an integral part of the resident care team at the Hawthorne at St. John's Meadows. In fact, she has spent nearly 30 years in various nursing leadership roles across the St. John's spectrum of senior care. "Most of our nurses have come to us with at least 10 years of experience," James says of the seasoned nursing team at the Hawthorne.



24/7 Nursing Care: Unlike many assisted and enhanced assisted living programs that use medication technicians, the Hawthorne exclusively utilizes nurses to pass medication. In fact, there is a nurse in the building around the clock (with a Registered Nurse on call 24/7)—part of a comprehensive approach to providing for the collective and individual needs of residents living in 38 assisted living apartments.



Peace of Mind: Chris James and the other members of the Hawthorne Nursing Team hear frequently from family members about the peace of mind they enjoy knowing their loved one is getting the care they need and deserve. She says that interacting with residents as much as they do allows nurses to get to know residents at their baseline, which helps them notice even slight changes as they arise.



Individual Care: As the eyes and ears of this small care community, the Hawthorne Nursing Team works with each resident's physician to build an individual care plan that sets them up for success. "Some residents need a lot of hands on care and some do not, so the staff-to-resident ratio can change depending on how much care is needed."



No Additional Costs: One thing that does not change is the cost of care when needs increase and greater hands-on assistance is added. Despite offering a community that features 24-hour nursing and more advantageous staff-to-resident ratios, care costs do not increase for Hawthorne residents when additional support is needed to help them age in place where they live.



Continuum of Care: Enhanced assisted living at St. John's is part of a robust spectrum of senior services, along with independent living, assisted living, and skilled nursing care. Whether you are considering enhanced assisted living for current care needs or are planning for future needs, know that a St. John's offers an array of care levels that could be a solution for you or your loved one both now and into the future.



“ Upon moving to the Hawthorne at St. John's Meadows, Jane was pleasantly surprised by the relief of a more maintenance-free lifestyle and community setting. "The people take good care of me," says Jane. "The people living here are friendly and make an effort, and they (St. John's) take a lot of the burden off of you," Jane adds.



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