

What Level of Care is **BEST FOR ME?**



Your guide to understanding the
different levels of care offered at
The Knolls of Oxford



WELCOME HOME

The moment you step onto campus, it is clear that residents are proud to call The Knolls of Oxford their home.

When searching for a retirement community, it's important to find a facility that can meet your changing needs over time. As a continuing care retirement community (CCRC), The Knolls of Oxford not only offers the features and amenities you desire, but the security of knowing you will be cared for well into the future.

CCRCs provide a peace of mind for older adults knowing they can remain in the same place through different phases of the aging process.

With on-site healthcare including assisted living, home health care, skilled nursing, and rehabilitation- The Knolls of Oxford has everything you need to Live Life to the fullest!

LEVELS OF CARE



INDEPENDENT
LIVING

ASSISTED
LIVING

SKILLED
NURSING



INDEPENDENT LIVING



Independent Senior Living Communities are best suited to seniors who are living an independent, self-sufficient life. They offer a carefree lifestyle, freeing residents of the many burdens of daily life.

Here are a few questions you can ask yourself to know if it's time for you or your loved one to explore the possibility of an independent living community:

- **How easy is it for me to maintain my current home?** Maintaining a home can become a burden as you age. With a full-time maintenance, housekeeping, and landscaping staff, housework and yardwork are no longer a burden.
- **Is it difficult for me to connect with friends and family?** The more isolated you are, the greater your risk for depression and other mental health problems. Independent living communities can give you a built-in social network of peers.
- **How easy is it for me to get around?** You may find yourself relying more on family members as you begin to feel less comfortable with driving. Independent Living communities provide transportation options both on and off campus.
- **How is my health and or the health of my spouse?** Moving to an independent living community that provides a full continuum of care while you are still independent can help prolong your independence and give you peace of mind knowing you have help should you need it.

If you answered yes to any of these questions, it may be time to look into Independent Living

Independent Living at The Knolls of Oxford offers residents security and peace of mind.

WHAT DOES THE KNOLLS OF OXFORD INDEPENDENT LIVING HAVE TO OFFER?

Independent Living has 108 villas ranging in size from two to three bedrooms.

No matter what your preference, from the size of your kitchen to the personality of your neighborhood, we're sure there is one to suit your taste.



INDEPENDENT LIVING INCLUDES

- Beautiful landscaped grounds and gardens
- Individually controlled heating and cooling system
- Pet Friendly
- Fully equipped kitchens
- Washer and dryer in individual units
- Attached garage parking
- Residential Services Manager
- Planned social, cultural, and educational programs
- Many amenities such as: a Gift Shop, Salon, Clubhouse, Library, Art Studio, and Spiritual Life program, and much more!
- Volunteer opportunities

SERVICES PROVIDED

- COVID-19 Vaccine Maintenance Program
- 24 hour security, emergency response, and call system
- Maintenance for all villas
- Weekly housekeeping
- Telephone, cable and internet included
- All utilities, trash & snow removal

ASSISTED LIVING



Assisted living is a combination of personalized assistance services and care tailored to the individual who requires some form of help with activities of daily living. In assisted living communities, you will find more support services such as assistance with bathing, grooming, medication, and dressing while still enjoying your independence.

It is important to pay special attention to the usual routines and behaviors of yourself or your loved one to see if they have changed. If you get the feeling you or your loved one is having a more difficult time taking care of themselves or tending to their home, you might want to look into assisted living.

Here are a few questions you can ask yourself to know if it's time for you or your loved one to explore the possibility of an assisted living community:

- Is uneaten food frequently going bad in the fridge?
- Do you or your loved one wear the same clothing every day?
- Do you or your loved one spend less time on hygiene?
- Have you noticed an increase in accidents that happen to you or your loved one?
- Do you or your loved one struggle to move throughout their home?
- Do you or your loved one forget to turn off certain household appliances such as the stove or oven?

If you answered yes to any of these questions, it may be time to look into Assisted Living care.

Assisted Living at The Knolls of Oxford offers a balance of individuality, support and convenient amenities for its residents.

WHAT DOES THE KNOLLS OF OXFORD ASSISTED LIVING HAVE TO OFFER?

Assisted Living offers one and two bedroom apartments. Each Assisted Living apartment includes a living room, a spacious closet, a large handicapped accessible bathroom, and kitchenette.

Assisted Living residents have access to The Knolls of Oxford's beautiful 85 acre campus that includes a large pond, beautiful walking paths, and much more!



ASSISTED LIVING INCLUDES

- 24 hour staffing by Personal Care Assistants and Licensed Practical Nurses
- Safety and wellness checks
- Emergency pendant call system
- 3 meals daily including special diet accommodations
- Reminders for meals, activities, and personal care
- 3 full time activity staff leaders
- Social and recreational programming

SERVICES PROVIDED

- COVID-19 Vaccine Maintenance Program
- Housekeeping/Tidy up services
- Personal laundry weekly and as needed
- Complete maintenance
- Cable, Internet, & Phone
- Scheduled Transportation
- Medication Assistance
- Assistance with bathing
- Daily dressing and grooming assistance
- Incontinence care

SKILLED NURSING



Skilled nursing facilities are short-term and long-term residences that focus more heavily on medical assistance for those with chronic illnesses, injuries, or individuals that require 24-hour supervised care.

Skilled nursing at The Knolls of Oxford works hard to ensure that residents maintain their dignity and pride no matter what level of nursing they may require.

Here are a few questions you can ask yourself to know if it's time for your loved one to explore the possibility of an skilled nursing facility:

- Is your loved one recovering from an injury, stroke, or surgery?
- Does your loved one need access to 24-hour skilled care?
- Does your loved one have a complex, progressive, or cognitive health condition?
- Is your loved one falling or having accidents frequently?
- Does your loved one have an increased difficulty feeding themselves or maintaining their dental health?
- Is your loved one bed-bound or unable to walk on their own?

If you answered yes to any of these questions, it may be time to look into Skilled Nursing care.

Skilled Nursing at The Knolls of Oxford accepts admissions 24 hours a day, 7 days a week.

WHAT DOES THE KNOLLS OF OXFORD SKILLED NURSING HAVE TO OFFER?

A team of professionals with excellent credentials meet with each new resident and family to develop an individual care plan.

This same team will follow residents through the various levels of care so you are familiar with those around you.



SKILLED NURSING INCLUDES

- Long and short term levels of care
- Skilled Rehabilitation
- Physical, Occupational, and Speech Therapy
- On-site clinic with services such as wound care, respiratory care, IV therapy, dentistry and more
- Miami University Stroke Survivor Group

SERVICES PROVIDED

- COVID-19 Vaccine Maintenance Program
- Restorative Programming
- Nursing home based Hospice Care
- A variety of social and recreational programs
- Access to gardens and walking paths
- Scheduled group transportation
- Housekeeping services
- Cable and telephone services

MEET THE TEAM

Our dedicated staff are here to help you navigate this new chapter in your life every step of the way.



Laura Lacy
Director of Community Life
513-524-7989

Laura is responsible for many daily operations at The Knolls of Oxford such as maintenance and kitchen issues as well as activities and resident needs. She is always ready to lend a helping hand to residents.

Cheryl Hampton
Director of Marketing
513-524-7991

Cheryl is responsible for all new Independent Living and Assisted Living residents. She has a passion for helping older adults find a place to call home and live out their retirement years to the fullest.



Tonya Smith
Health Services Coordinator
513-524-7987

Tonya is responsible for all admissions to Skilled Nursing at The Knolls of Oxford. She is dedicated to helping families and caregivers find the best plan of care for their loved one.



TIPS FOR A SUCCESSFUL MOVE

Moving and down-sizing can be a very stressful and emotional time in a person's life. Taking extra measures to ensure you are prepared for the move can help relieve some of the stress for you or your loved one.

WHAT TO DO 1-2 MONTHS BEFORE THE MOVE

- Pick your move in date
- Call your insurance agent to see if there is a change in policy needed (rental vs. homeowner)
- Review floor plan to decide what furniture will fit
- Begin sorting items into three groups: keep, donate, trash.
 - Hold a garage sale or take items in the donate to a local Salvation Army
 - Order a dumpster for junk removal
- Reserve a storage space if necessary
- Order boxes, packing tape, bubble wrap, etc.
- Fill out USPS change of address paperwork
- Notify all physicians of relocation (if moving out of the area ask for referrals in new area)
- Schedule disconnection of utilities at your old home (phone, internet, cable, water, garbage, electric, gas)
- Begin packing non-essential items (extra towels, linens, dishware, etc.)
- Label packed boxes by room and contents
- Notify these services about your change of address
 - Insurance
 - Credit Card Companies
 - Social Security Administration
 - State Vehicle Registration
 - State/Federal Tax Bureau
 - Pharmacy/prescription delivery program
 - Banks
- Cancel or transfer magazine and newspaper subscriptions
- Print new checks with new address

WHAT TO DO 2 WEEKS BEFORE THE MOVE

- Schedule movers and confirm date, time, pricing, etc.
- Separate and label daily necessities for quick, easy access in your new home
- Pack suitcases with clothes and personal items
- Make sure all prescriptions are filled
- Take pictures of furniture and note any damages on an inventory sheet
- Create a schedule for moving day
- Set aside any boxes you plan on moving yourself (personal or valuable items)
- Have a screwdriver, wrench, pliers, tape, etc. handy in case the movers need to disassemble anything for transport

WHAT TO DO THE DAY OF THE MOVE

- Remove bedding and take beds apart
- Take movers through the house upon arrival and inform them of what to do
- Check each room for any things that may have been left behind
- Verify utilities work at your new home
- Assemble bedding and important spaces first (bedroom, bathroom)
- Begin unpacking essentials for the kitchen, bathroom, living room
- Take unpacking one day at a time- there is no rush to complete

