



Helpful Guides

A Better Option for Seniors During COVID-19

**A new option for
protecting your loved one
during viral outbreaks**



Are you concerned about placing your loved one in a nursing home or assisted living facility?

Most senior living communities closed their dining halls, stopped group activities, and restricted movement of their residents as a way to prevent the disease's spread.

This has taken an emotional and physical toll on residents and their families.

There is a better option...



RALs: A Better Option During COVID-19

Introduction

Are you concerned about placing your loved one in a nursing home or assisted living facility?

In the past, the biggest concerns were the amount of staffing, quality of the food, and the overall condition and cleanliness of the facility.

The COVID-19 pandemic has certainly changed our priorities.

Most senior living communities closed their dining halls, stopped group activities, and restricted movement of their residents as a way to prevent the disease's spread.

This has taken an emotional and physical toll on residents and their families.

A Better Option

There's a new model that offers unique advantages when dealing with risk from pandemics such as COVID-19 as well as the common flu.

Residential Assisted Living (RAL), also known as a group home, offers all the specialized care for your loved ones in the comfort of a home.

RALs have been around for years but have received a lot of attention due to their unique benefits when dealing with breakouts of illnesses.

Here are some of the top reasons RALs are safer when dealing with COVID-19 or outbreaks of illnesses such as the flu.

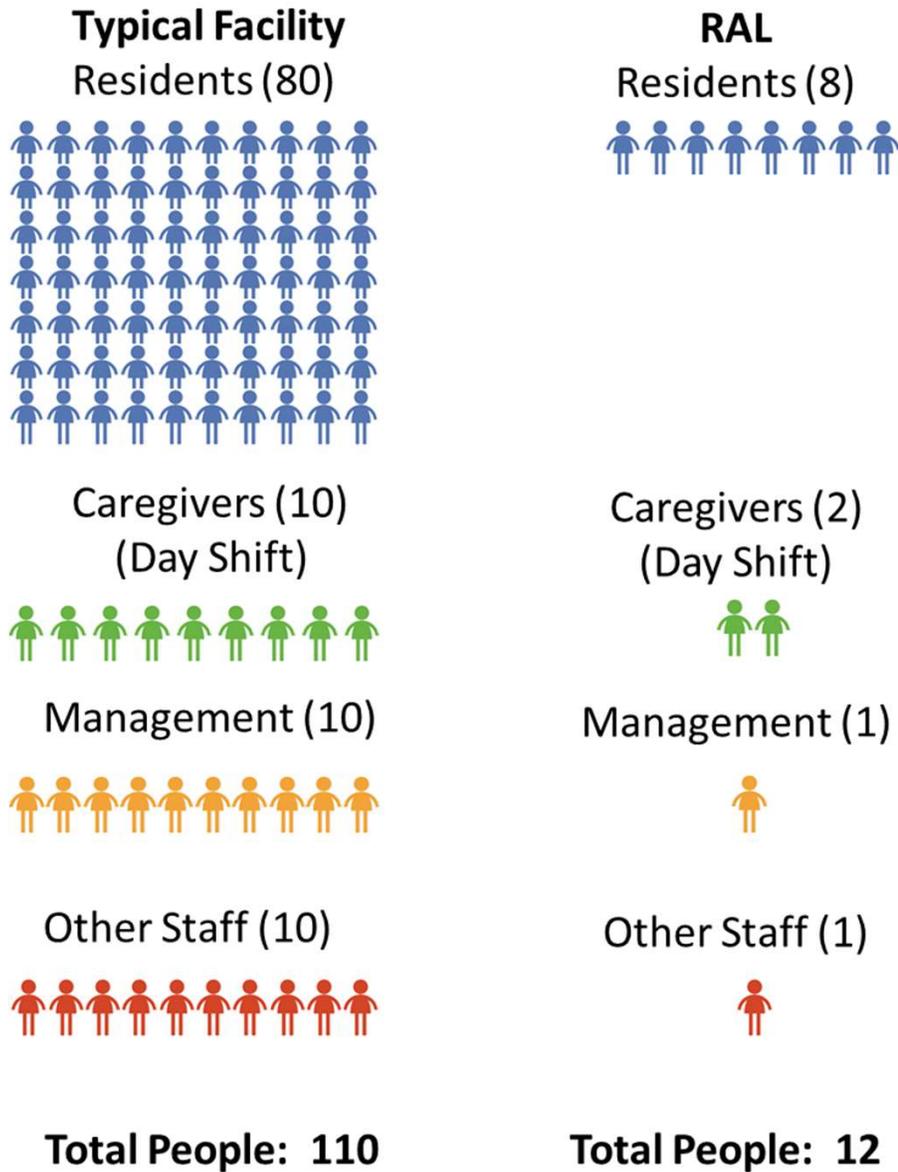




RALs: A Better Option During COVID-19

Less Traffic

With only 10 residents, there are far less caregivers and support staff needed. Therefore, the number of people entering the building on a daily basis is greatly reduced. Having a smaller number of staff provides a better opportunity to have dedicated staff. Many communities use staff that is shared with other facilities. This has been proven to be one of the biggest factors to keeping viruses from entering the building.





More Individualized Care

As shown on the previous page, most RALs have 1 caregiver for every 4 residents. This enables the staff to take more frequent temperature checks and closely monitor the residents for any early signs or symptoms. Additionally, caregivers can develop much closer relationships with residents and are able to detect eating, sleeping or other changes in their behavior.

According to The Centers for Medicare and Medicaid Services (CMS), residents receive a higher quality of care with high staff to resident ratios – as provided by most RALs.

<https://www.cms.gov/newsroom/press-releases/cms-strengthens-nursing-home-oversight-and-safety-ensure-adequate-staffing>

Less Area Requiring Disinfection

RALs do not have a large lobby, recreation rooms, or multiple dining halls; thereby having much less surface area in their common areas to disinfect. A typical RAL has approximately 5,000 sq. ft., while a large facility housing 80-100 residents could have more than 100,000 sq. ft. to disinfect. Less area to disinfect = less risk.

20 X Surface Area



Infection Control Design

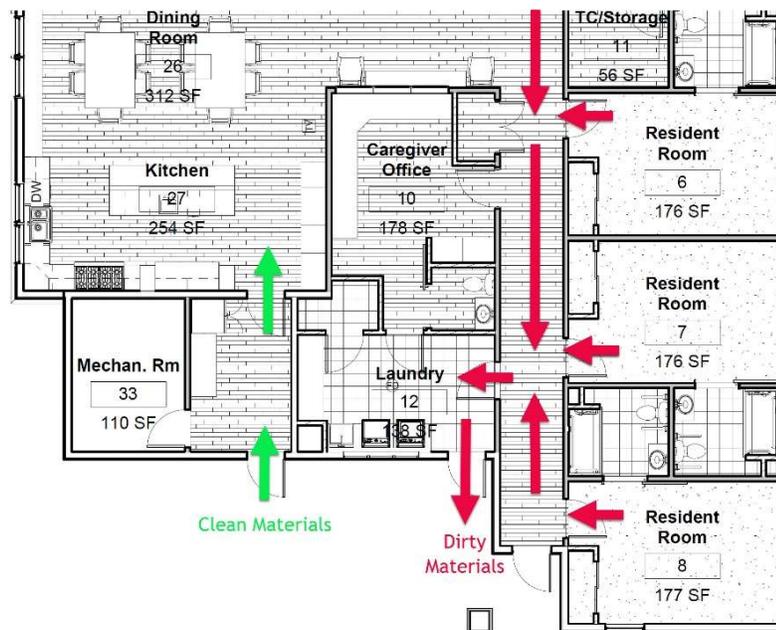
Larger facilities commonly have a good design to ensure they take in the clean materials such as food and supplies in one area and have another path for dirty materials that are tossed in the trash or sent to the laundry or a third party to clean.



RALs: A Better Option During COVID-19

Most RALs have not historically designed for this. Most are renovations of existing homes with front and back doors. They may not have the luxury of moving laundry rooms or adding additional doorways to receive clean materials.

Serendipity in The Sun Senior Living's RAL was designed by an architectural firm specialized in providing these designs for hospitals and other senior care facilities around the world. The diagram below shows how we have an area for receiving clean materials and have a separate area for the handling and removal of dirty materials. This provides a very effective way to limit cross contaminations.



Better Filtration

Having a smaller building provides more cost-efficient options for air filtration. Our three air handling units are equipped with HEPA and UV-C filtration. HEPA filters remove 99.97% of dusts, spores, bacteria, and other particulates. The UV-C filters destroy viruses and remove odors through its germicidal ultraviolet system.

"The sanitizing effects of UV lights have been seen with other coronaviruses, including the one that causes severe acute respiratory syndrome (SARS). Studies have shown that it can be used against other coronaviruses."

- WebMD

Our industry-leading, proactive approach was highlighted in a [NY Times article](#).



Outdoor Space

Residents will not need to be isolated in their rooms, even during a lockdown. Our secured outdoor space enables them to get out and get some fresh air! We make it our mission to ensure everyone has time to get outside if they want to. This secured outdoor space is also available for the kids and grandkids to safely play.



Single Story

Our worst nightmare: complete lockdown. Yes, it is for the protection of our loved ones, but very difficult to not be able to see them. With Evermore, you will still be able to have first floor visitations.

All our residents reside on the first floor and each bedroom has large windows. If we are in a lockdown situation, you still should be able to see your loved ones. Let us know of your visit ahead of time and we can provide a nice seating arrangement to make everyone as comfortable as we can during these challenging times.



Direct Access to Video Conferencing

If you are unable to make a personal trip, we offer a variety of other methods to connect with your loved ones. We can connect through a web conferencing tool (such as Zoom or Skype) on a smart phone, tablet, or in the privacy of their bedroom on their smart TV (standard in all rooms).



RALs: A Better Option During COVID-19

Summary

The choice to commit to an assisted living facility for a loved one's care can be a very stressful decision. This decision is more difficult during a pandemic such as COVID-19.

RALs have less traffic (residents and staff) and less square footage to disinfect. Additionally, the lower caregiver to resident ratio provides for closer monitoring of the residents for early detection of any changes in their conditions, eating, sleeping or behavior. RALs have been shown to also reduce the level of stress and depression.

Our home has been uniquely designed to reduce the risk of infections through HEPA and UV-C air filtration and by separating the flow of clean and dirty materials.

We want to provide you with greater access to your loved one. During a lockdown, you can visit outside of their large 1st floor bedroom window. As the guidelines relax, you can take them for a walk in the secured memory garden.

Serendipity in The Sun Senior Living

We offer Memory Care and Assisted Living services for our residents. Our mission is to offer the same amenities found in the larger facilities, all in the comfort of a single-story, 10-bedroom boutique-style home.

We provide an upscale quality lifestyle in the comfort of a single story home.



We have more education materials on Senior Living in our [blog](#)