



## LEISURE WORLD: AN INDEPENDENT LIVING COMMUNITY WHAT SELF-RESPONSIBILITY MEANS FOR YOU?

Leisure World Seal Beach is an “Active Adult Community” that offers independent living options (co-op and condominium style housing) under provisions of an age restricted community of persons 55 years of age and older. Leisure World Seal Beach **does not** offer any services associated with an Assisted Living or a Skilled Nursing facility.

- Assisted Living facilities offer personalized supportive services and assistance with day to day living under one roof. All meals, snacks, housekeeping, laundry, medication, and bathing assistance is provided for a fee. These are **NOT** services that are provided at Leisure World Seal Beach.
- A Skilled Nursing facility provides nursing and rehabilitation services to address medical issues in addition to the services provided by an Assisted Living facility. In some cases, persons may be admitted to a Skilled Nursing Facility for long term custodial care. These are **NOT** services that are provided at Leisure World Seal Beach.

When you moved into this “Active Adult Community” you moved into an Independent Living Community that provides access to a controlled gated community, centralized maintenance, and a variety of amenities. You are self-responsible and independent to make decisions and choices for yourself and your independence.

So, what happens when your health or ability to function independently changes?

As an independent adult, you are responsible for making your own decisions and choices for assistance to maintain your independence.

Your Mutual Board is **NOT** responsible for your ability to get your food/meals, housekeeping, medication, or bathing assistance. They are **NOT** responsible for setting up caregiving services and seeing that you have services in place. Nor is your Mutual Board responsible in making sure you have a hot meal delivered to your door and/or managing your medical or mental health needs. Please be advised, they are **ONLY** responsible for the buildings in their mutual.

GRF is **NOT** responsible for you either. GRF is responsible for maintaining trust property and its amenities. GRF has no shareholders.

The best way to be self-responsible and maintain your independence is by planning for the unexpected. Make decisions in the present that will help guide and support you when your health and independence changes. Plan and discuss your wishes with your family and/or a trusted advisor. By planning and outlining how and where your needs are met, you can help lessen the burden on your family while reducing the need for emergency assistance from community resources.

Here are some practical tips in maintaining your independence:

1. Put your wishes in writing, e.g. Advance Directives, Trusts, Powers of Attorney, etc.,
2. Create a plan just in case you become sick or unable to manage your household needs,
3. Familiarize yourself with resources that you may need before you need them.

GRF Member Resources Liaison, Robann Arshat, LCSW is an excellent service that is available to you and who can lead you to a variety of resources and support.

562-431-6586 X2317

Other resources for guidance:

- Orange County Council on Aging 714-479-0107
- Orange County Office on Aging 714-480-6450

Remember, you are an independent adult who will make independent decisions and choices for yourself. Please exercise your rights and plan accordingly.