

# What Makes AgeSong Special?

## A Guide To Choosing the Best Eldercare Community

### A Different Approach to Assisted Living

***AgeSong approaches aging from a different perspective, challenging attitudes about aging and elders.***

While most providers offer a safe environment, nutrition, housekeeping and other basic services, AgeSong approaches each aspect of care as an opportunity to interact. AgeSong celebrates the individual and focuses on community living within a learning environment.

***As you explore the range of providers in your community, pay close attention to the differences between AgeSong and providers of “custodial care.”***

 AgeSong  
Difference

#### **Basic Care is an Opportunity To Interact**

One of the most humbling aspects of aging is needing help for the most basic everyday tasks. It is a standard for providers to offer assistance with “Activities of Daily Living,” or ADLs. At AgeSong however, every opportunity to engage with Elders is important... after all, helping with an Elder’s personal appearance may be the first interaction of the day. It can be a meaningful time to connect and engage, or it can be approached as a task to be efficiently checked off a list. Many providers use the word “dignity” but what is dignified about “being washed?”

Unless the activity is approached as an opportunity to connect and truly assist, it is custodial. Nature quickly reallocates resources. The adage, “Use it or lose it,” particularly applies to Elders. If the motion of brushing hair is suddenly replaced by a well-meaning caregiver doing it instead — because maybe it takes longer — shoulder mobility will dramatically decrease. Finally, study after study confirm social interaction is essential for health and well-being. Every moment an AgeSong Carepartner spends with an Elder is precious.



#### **Attractive, Comfortable and Safe — Inspired**

When “home” is attractive and comfortable, it is easier to be inspired. At AgeSong, it is not enough to simply live longer in a safe environment... AgeSong Team Members constantly help Elders find new reasons to get out of bed in the morning. Gardens, patios and outside spaces

enhance every AgeSong community. Cafes are open to all generations and provide an environment where lively discussions take place and ideas are exchanged. Parks are within walking distance. And life at AgeSong is worry-free... housekeeping services are included.



#### **Tantalizing Dining — Chef-Prepared Creations**

The Bay Area is home to some of the most creative culinary treats on the planet. AgeSong celebrates healthy dining with a flare that includes cultural preferences and family recipes. Mouth-watering aromas fill AgeSong communities and healthy snacks are available day and night. Fresh

ingredients, just-picked produce and beautiful arrangements are served three times a day, though special requests and special schedules are honored. Award winning for the first Green Kitchen Award in the American Assisted Living Industry, AgeSong is proud of its dining program.



Contact AgeSong at (877) 243-7664 • [info@agesong.com](mailto:info@agesong.com) • [AgeSong.com](http://AgeSong.com)

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A Different Approach to Aging Culture and Eldership

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### Transitions, Short-Term Stays — Gerowellness Interns Make the Difference

At AgeSong, Gerowellness Interns provide counselling services and support for new Elders and families during the sometimes difficult transition into community living.

Whether the individual is coming from hospital, home, rehab or another community, Interns keep in close contact for a minimum of two weeks, or longer if needed.



### Eldership Education and Training — Learning Community

Elders are the keepers of wisdom. Throughout time, Elders have been mentors and teachers of patience; slowing down, relating, listening, sharing and appreciating the preciousness of each moment.

These values are seldom taught in a classroom.

At AgeSong, Elder teachers are honored each month. Elders lead groups on subjects of their choice and inter-generational learning is practiced. At AgeSong, Elders know that they are vital and important contributors to the health of our community, country and planet.



### Volunteering — A Fresh Approach to Service

AgeSong's approach to volunteering is unique. An Elders Academy Certificate\* is offered to those willing to make a volunteering commitment and desire to learn more deeply about the aging process.

Open to staff, volunteers, community members and family members, Elders Academy provides an opportunity to learn about AgeSong's philosophy and how it can be applied in the community...and in life.



### Related Publications

Elders Academy Press is a division of AgeSong's non-profit organization, Pacific Institute. This publishing resource produces teaching materials aimed at meaningful aging, contemporary eldership and best practices for dealing with forgetfulness (commonly known as "dementia").

In partnership with celebrated authors, such as Elizabeth Bugental and Gloria Steinem, Elders Academy Press also prints "Encounters of the Real Kind", an annual series of stories, poems and musings from AgeSong interns.



### Multicultural Approach

One of big challenges with Elders is the inability to travel. The world comes to AgeSong through international visitors, regional and international arts associations that provide free performances and talks and groups that honor multiculturalism.

The Bay area is home to 150 nationalities and AgeSong celebrates the heritage of each member of the community. Visitors from all over the world share their culture and experience being with elders at AgeSong.



*\*Elders Academy Certificate requirements include attending 24 free training sessions, volunteering 50 hours at an AgeSong community within a period of 6 months, and attending 12 hours of public conversations or forums sponsored by AgeSong and Pacific Institute.*

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