

# Navigating Senior Care:

Understanding the Differences Between  
Assisted Living and Memory Care Options



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As our loved ones age, selecting the right type of care can be challenging. Two common options are Assisted Living and Memory Care, each tailored to meet different needs. Understanding the distinctions between senior care is crucial for making an informed decision.

When reviewing [senior living options](#), it can feel overwhelming to understand the differences between all the available levels of care. You want to make the right choice for your loved ones, offering them a space that feels like home while ensuring their needs can be met as they age.

Understanding exactly what services are available to your loved ones can ease everyone involved, and confidently knowing they can age in place and not have to make another move is critical. We've developed this guide to help you understand your options so you and your loved ones can make informed decisions when selecting a senior living community.



# What is the benefit of moving into a community with all levels of care provided?

Senior living communities that offer different levels of care can support residents throughout the aging process. When your loved one moves to a senior living community with multiple levels of care, they'll find support there to help them with their existing needs, maintain their independence, improve their physical and mental well-being, and be able to meet their needs in the future. This ensures a lifelong home where one can age in place as needs evolve.

*Multiple levels of care to help loved ones age with dignity*

Your loved one may start their residence in an assisted living community, an environment offering support and assistance with everyday tasks like cleaning, cooking, personal care, or laundry as needed or desired. As they age, your loved ones may need additional support.

In such cases, additional support through nursing levels of care can provide more support where needed, including more frequent assistance with daily activities, enhanced medical oversight, and personalized care plans tailored to more complex health needs. Should cognitive impairments such as Alzheimer's or other forms of dementia arise, Memory Care becomes essential.

Memory Care neighborhoods offer a secure, structured environment with specialized staff trained to support cognitive functions, manage behavioral changes, and provide activities that promote mental engagement and well-being. This tiered approach ensures that as your loved one's needs evolve, they receive the appropriate level of care to maintain their quality of life.

When your loved one enters a senior living community that offers multiple levels of care, such as [Tuscan Gardens of Palm Coast's Floreo Club](#), catering to those with mild cognitive impairment, you can rest assured that they live in a community that prioritizes meeting their needs, treating them like family, respecting their independence, and allowing them to live a vibrant and dignified life as they continue to age.



# Salus, a philosophy of well-being for every level of care

At Tuscan Gardens of Palm Coast, living in a community with purpose, enjoyment, and delicious, nourishing foods makes for a life that anyone can genuinely enjoy. As a result, we make use of the Salus philosophy. Salus, Latin for “well-being,” builds on the four key components of wellness:

*Social*  
*Intellectual*  
*Spiritual*  
*Physical*

These components of Salus inform every level of care at Tuscan Gardens of Palm Coast, guiding our team as they engage with residents daily, regardless of the level of care needed.



## What is Assisted Living?

**Assisted living** offers your loved ones the support they need while promoting their independence. Residents live in elegantly appointed private suites and have access to a variety of activities & amenities to choose from each day. From family-style dining with nourishing and delicious meals to a daily calendar packed with fun, meaningful activities that support their overall well-being, it's essential that you find a vibrant community they can call home.



*A community that  
feels like home for  
your loved ones*

Tuscan Gardens of Palm Coast offers luxurious and comfortable one or two-bedroom apartments, as well as beautiful common areas with art to draw the eye and large windows to catch natural light throughout the day. Meals are a chance to come together with friends and neighbors, eating family-style in the dining area outfitted with beautiful furnishings. Your loved ones can enjoy watching their meals being made in our open Tuscan-style kitchen, learning from the chefs, and swapping recipes so they can have a taste of home.



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I have children that travel a great deal. I wanted to be as independent as possible, but I wanted to be somewhere I could get help. We looked at many places, but there was something about Tuscan Gardens - the ambiance was beautiful. I love living here. You can be as busy as you want to be. It can be hard to give up the old and pick up the new, but you have to find a place that when you walk in, it feels comfortable and suits you.

-Adele, Assisted Living Resident at  
Tuscan Gardens of Palm Coast

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# *Activities to make daily life fun and fulfilling*

At Tuscan Gardens of Palm Coast, your loved ones will be offered a full calendar of activities to choose from, including games, art and music events, fitness classes, worship services, regular outings, cultural events, cooking classes, and more. We consider a purpose-led and eventful life the key to aging comfortably, and we encourage residents to socialize and engage as much as they'd like.

Restful days of reading in our library, enjoying the gardens, relaxing with pets, or receiving visitors are also welcomed and encouraged in the assisted living community. Quality of life for seniors is often determined by their ability to enjoy their days, so we aim to offer each community resident a life of comfort, interest, and independence.



# *Care services to support your loved ones' continued independence*

The assisted living team members at Tuscan Gardens of Palm Coast understand that preserving or increasing existing independence is more likely to succeed if residents' care needs are met daily. Residents are supported in daily life, so they have the freedom to live life on their terms.

Assistance with mobility, daily chores, personal care, cleaning, repairs, and accessing healthcare services are all components of Tuscan Gardens of Palm Coast's senior living amenities, alongside transportation, daily meals, physical therapy, and access to engaging activities. These services are provided by team members who genuinely care and work to get to know each resident personally. Team members connect with residents, learning about their lives and interests, to create a bond of trust and care to help your loved ones feel safe and valued.

Team members strive for respect and dignity in each interaction with residents. We understand that this is your loved ones' home, and our team members prioritize making it feel supportive, safe, and joyous every day.



# Floreo: a Unique Level of Care

Keeping the mind and body active as you age is the key to a high quality of life for older adults. With that in mind, we've developed Floreo to support community members experiencing mild cognitive impairment (MCI) or early stages of dementia and Alzheimers.



## *Floreo helps residents flourish in community*

Floreo, Latin for “to flourish” or “to blossom,” is a set of specially created programs, interventions, and interactions developed to strengthen residents’ cognitive function, limit memory loss, slow the progression of Alzheimer’s, and improve their quality of life.

When your loved one needs extra support and could benefit from therapies designed to retain their memory capacity, Floreo offers a bridge between assisted living and memory care. The weekly extra support helps residents remain a part of their assisted living community, living a rich and engaged life day-to-day while enjoying extra cognitive engagement that can stave off further memory loss.

## *Floreo programming: emotional support & mental engagement*

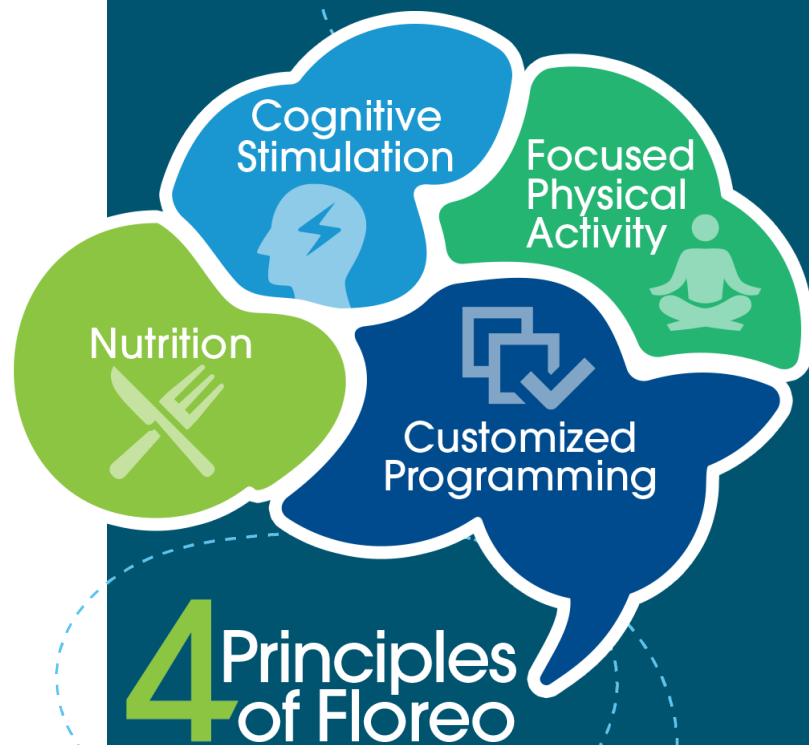
Floreo programming takes a holistic and communal approach, gathering community members for tailored programming and activities to engage, inspire and entertain those with mild cognitive impairment. These programs and classes focus on sharpening intellectual functioning and slowing the progression of advancing cognitive decline. The fun, club-like atmosphere of the programming and the time spent among friends encourages participation and helps residents come together as they cope with the sometimes overwhelming emotions that can arise in the early stages of memory loss.





## Floreo programming includes:

- **Color stimulation therapy using color in activities to encourage feelings of calm (blue), joy (yellow), emotional well-being (green), and mental stimulation and socialization (orange).**
- **Monthly support groups providing education and understanding of the emotional challenges of early memory impairment.**
- **Activities that encourage volunteering or acts of service, helping participants embrace their independence with a sense of purpose.**
- **Activities that incorporate physical exercise, as well as cognitive stimulation, to keep the body agile alongside the brain.**







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My mom moved to Tuscan Gardens in 2022. She had her own place but was digressing at home, and Home Health was not the best option. She now has a family keeping an eye on her and making sure she is cared for (which takes a lot of pressure off of me). She plays bingo, goes to happy hour with friends, and makes crafts. She's much more engaged and has come back to life! I highly recommend Tuscan Gardens of Palm Coast.

-Lisa, Daughter of Resident

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## *FitMinds™ cognitive stimulation: research-based and focused on positive support*

Each Floreo program is led by a certified FitMinds™ cognitive stimulation coach, trained to develop and lead activities that reflect the most up-to-date research on Alzheimer's and other forms of dementia. [Cognitive stimulation therapy](#) is used internationally to support people dealing with MCI, early Alzheimer's, and other forms of dementia, and it has been shown time and time again that active mental engagement in a communal setting can maintain or even improve a senior's mental capacity.

Sustaining as much independence and cognitive ability as possible helps seniors enjoy their lives to the fullest. Floreo programming is meant to help your loved ones flourish as they age, supporting their emotional, nutritional, neurological, and physical needs to enhance their quality of life.



# What is Valeo™ Memory Care?

Valeo, Latin for “to thrive,” is a philosophy we embrace in our holistic approach to wellbeing for community residents with memory impairment. We have created a neighborhood within the Tuscan Gardens of Palm Coast senior living community specifically to support memory-impaired residents with safety, engagement, and comfort in mind.

As your loved ones’ support needs expand, Valeo Memory Care is equipped to meet them. From one-on-one care to regular laundry, housekeeping, and maintenance services to 24-hour nursing, consistent medical support, extensive dining services, worship space, social events, gardens and walking trails, regular activities, and group classes, Tuscan Gardens of Palm Coast is prepared to make daily life worry-free for your loved ones with Alzheimer’s or memory impairments.



## *Celebrating legacies to strengthen bonds and improve care*

There is no one-size-fits-all approach to care; your loved one will feel heard and understood while living in the Valeo neighborhood. Celebrating residents’ legacies is a cornerstone of the Valeo Memory Care approach, to offer each resident validation and respect in daily life.

Team members ask questions and get to know individual residents, creating bonds that help loved ones feel comfortable and cared for. These daily chances to reminisce also support cognitive function, helping loved ones feel valued while they maintain their cognitive abilities. Understanding residents’ legacies also helps team members plan daily activities that play to residents’ strengths and interests.



Aging in place is important, providing continuity and consistency for our residents. Our Memory Care neighborhood provides a secure and safe environment to residents, a lot of one-on-one interaction and care, all the while providing as much autonomy and independence.

-Tuscan Gardens,  
Executive Director



# *A daily life rich with experience in Valeo Memory Care*



Memory care residents need daily stimulation and support to thrive; life does not end when Alzheimer's and related memory impairment diseases begin.

Team members work with residents daily, meeting their care needs while prioritizing choice and independence so Valeo residents can feel respected and valued. With a person-centric and strengths-based approach, Valeo team members develop one-on-one relationships with residents, encouraging the sharing of memories to build trust while creating opportunities for your loved ones to use their skills to engage with others.

Daily activities are chosen to appeal to your loved ones' interests, offering them a life full of experience and meaning. The goal is to create moments of joy in each day, and personalized daily care plans help your loved ones live fully. They can participate in games, activities, art therapies, and more, all tailored to their interests and preferences.

The Valeo Memory Care neighborhood offers your loved ones a home that values their legacy and fosters independence and enjoyment while supporting all their care needs.



# Which level of care is the best choice for your loved one?

When choosing a [level of care for your loved one](#), working closely with the team at Tuscan Gardens of Palm Coast to assess their needs is a great starting point. One way to get a snapshot of possibilities that will suit your loved ones' needs is to use an assessment tool, such as the [Roobrik Assessment Tool](#) to help you make the best decision.

Another option is a tour of our senior living community. Our caring team can guide you through our Assisted Living, Floreo Club, and Valeo Memory Care neighborhoods, giving you an idea of the senior living

amenities available and answering all of your and your loved ones' questions.

At Tuscan Gardens of Palm Coast, we value each resident as a whole, flourishing person with a lifetime's worth of experience and wisdom to share. We work every day with family in mind, creating a senior living community we'd be proud to offer our own parents. Schedule a tour today if you and your loved ones are ready to see how Tuscan Gardens of Palm Coast's community can support your needs while providing a life rich with experience and togetherness.

[SCHEDULE A TOUR](#)



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*Established in 2011, [Tuscan Gardens of Palm Coast](#) provides assisted living, enhanced assisted living, and memory care, offering a vibrant lifestyle complete Assisted Living, Enhanced Assisted Living, and Memory Care levels of care offer a vibrant lifestyle complete with chef-prepared meals, engaging programs, and rewarding social events grounded by celebrating family, culture, and heritage. Located in sunny Palm Coast, Tuscan Gardens of Palm Coast is a place your loved one can call home, with all of the comforts you would expect from a luxury senior living community in Florida.*