

The Residence Senior Living offers new approach

Assisted living approach designed to enable residents to maintain their preferred lifestyles

BY MARIO BELAVAL DÍAZ
mabiob@caribbeanbusinesspr.com

While assisted living may sound like a new term to avoid the traditional images associated with the term “home for the elderly,” the truth is it encompasses a new paradigm shift not only in how people approach aging, but also in how seniors take into their own hands the quality of life they want to enjoy.

“Assisted living helps seniors and adults with special needs live their

life to the fullest by freeing them of daily chores that need management, such as meal preparation and medication schedules, among others,” said Milton Cruz, president of The Residence Senior Living community in Guaynabo, the first purpose-built assisted living and memory care community of its kind in Puerto Rico. “However, the purpose of this assisted living is to allow seniors to continue living their active social and personal lives, because not only today’s seniors,



The Residence Senior Living community is not a nursing home, but rather “a new concept whereby seniors and adults whose needs require personalized care can, more than live, continue to live at the level of dignity and comfort they are used to,” said Milton Cruz, president of The Residence Senior Living community in Guaynabo.

but all of us now live healthier, longer lives and want to live them as independently as possible.”

The facilities at The Residence more resemble a high-end apartment building or hotel than what people would normally expect from a housing facility for seniors. The Residence is composed of suites for individuals as well as couples that include a kitchenette and private

“The purpose of assisted living is to allow seniors to continue living their active social and personal lives.”

—Milton Cruz, president of The Residence Senior Living community

bathroom. Each floor has a common area with library, computer and Wi-Fi access, an open balcony and huge flat-screen television units, as well as a health station to tend to the residents’ health needs.

The Residence’s two dining rooms, because of the setting and the view, resemble hotel-style dining areas, with a menu of restaurant-style food

prepared by a chef and planned by a professional nutritionist according to each of resident’s needs. The facility also includes a beauty parlor and a gym. The Residence staff includes a gerontologist, geriatric physicians and nurses, and resident assistants.

This same care, comfort and safety are available in the Residence’s Reflections program, which specializes in residents with Alzheimer’s or other types of dementia. The key to this service, Cruz said, is that the staff is trained in each resident’s life history, and based on that knowledge, they build an atmosphere of comfort in daily life that is best suited for a given resident.

“While some memories may have faded, we want to make sure that each day for our residents in Reflections can be filled with pleasant living experiences, with top-flight care and security measures in place.”

“This is not an *égida*,” said Cruz, employing the Spanish word commonly used in Puerto Rico to refer to living facilities for the elderly. “Nor is it a home or a nursing home. This is a new concept whereby seniors and adults whose needs require personalized care can, more than live, continue to live at the level of dignity and comfort they are used to.” ■