
COLONIAL GARDENS RESIDENCES

The Complete Guide to Choosing Assisted Living in Broward County

A Family Resource from Colonial Gardens Residences

CONTACT US

(954) 484-1960 | info@colonialgardensresidences.com
2801 NW 55th Ave, Lauderhill, FL 33313
colonialgardensresidences.com

What's Inside This Guide

This guide is designed to help families navigate the process of choosing an assisted living community in Broward County. From understanding what assisted living is to making the transition easier, we've compiled everything you need to make an informed decision.

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What Assisted Living Actually Is

Assisted living is a residential option for older adults who value their independence but need help with some daily activities—such as bathing, dressing, medication management, or meal preparation. Unlike nursing homes, assisted living communities emphasize personal autonomy, dignity, and quality of life. Residents typically have private or semi-private rooms within a homelike setting, with access to round-the-clock support from trained caregiving staff.

Who Is Assisted Living For?

Assisted living is ideal for adults who:

- Need help with one or more activities of daily living (ADLs)
- Want a social community rather than living alone at home
- No longer feel safe managing a household independently
- Would benefit from structured meals, activities, and care support
- Are not in need of 24-hour skilled medical nursing care

Assisted Living vs. Memory Care

While both offer supportive environments, memory care communities are specifically designed for individuals living with Alzheimer's disease, dementia, or other cognitive impairments. Memory care provides a secured environment, specialized programming, and staff trained in dementia-specific care techniques. Many communities—including Colonial Gardens Residences—offer both assisted living and memory care under one roof, allowing residents to transition smoothly as their needs evolve.

Common Misconceptions Families Have:

- "It's a nursing home." — Assisted living focuses on independence, not medical institutionalization.
- "My parent will lose their freedom." — Residents maintain their routines, hobbies, and social connections.
- "We can't afford it." — Many financial assistance options exist, and costs are often comparable to full-time home care.
- "It means we've given up." — Choosing professional care is an act of love that benefits the whole family.

Signs It May Be Time

Recognizing when a loved one needs more support can be difficult. Here are the most common signs that it may be time to consider assisted living.

Falls or Safety Concerns

Frequent falls, near-misses, or an inability to navigate the home safely. Leaving the stove on, forgetting to lock doors, or experiencing confusion about surroundings.

Medication Management Issues

Missing doses, taking the wrong medication, or doubling up on prescriptions. This is one of the leading causes of hospitalization among older adults.

Social Isolation

Withdrawing from friends, declining invitations, or showing signs of depression and loneliness. Social engagement is critical to mental and physical health.

Declining Nutrition or Hygiene

Unexplained weight loss, an empty refrigerator, wearing the same clothes repeatedly, or neglecting personal grooming—all signs that daily tasks are becoming overwhelming.

Difficulty Managing the Home

Unpaid bills, clutter, neglected maintenance, or an inability to keep up with laundry, cleaning, and other household responsibilities.

Caregiver Burnout

When family caregivers experience exhaustion, stress, health issues, or strained relationships, it's a signal that professional support is needed—for everyone's well-being.

Family Checklist: Is It Time?

- ✓ Has your loved one fallen more than once in the past 6 months?
- ✓ Are they frequently confused about medications?
- ✓ Have they become more isolated or withdrawn?
- ✓ Is their nutrition, hygiene, or home upkeep declining?
- ✓ Are you feeling overwhelmed as a caregiver?
- ✓ Has their doctor recommended more supervision?

If you checked two or more, it may be time to explore assisted living options.

What to Look For in a Community

Not all assisted living communities are created equal. When evaluating your options, pay close attention to these key factors:

- **Staff-to-Resident Ratios**

A lower ratio means more personalized attention. Ask about ratios during the day, evening, and overnight shifts. Look for communities with consistent staffing.

- **Licensing and Certifications**

In Florida, assisted living facilities must be licensed by the Agency for Health Care Administration (AHCA). Verify the license is current and check for any deficiency reports.

- **Cleanliness and Maintenance**

A well-maintained facility reflects the overall quality of care. During your visit, observe common areas, hallways, restrooms, and outdoor spaces.

- **Activities and Social Programs**

A robust activity calendar is essential for mental and emotional health. Look for a mix of physical, social, creative, and educational programming.

- **Dining Quality**

Ask about meal variety and quality, whether dietary restrictions are accommodated, and if chef-prepared meals are served daily. Try a meal during your tour.

- **Emergency Response Systems**

Every room should have an emergency call system. Ask how quickly staff respond and whether there is a nurse on site 24/7.

- **Location and Accessibility**

Proximity to family members matters for regular visits. Consider distance from family, nearby hospitals, and ease of access by car or public transit.

Questions to Ask on Your Tour

Visiting a community in person is the most important step in your decision. Bring this list of 25 essential questions to ensure you get the information you need.

About Care

1. What is the staff-to-resident ratio during the day? At night?
2. Are caregivers trained and certified? What ongoing training do they receive?
3. How are individual care plans developed and updated?
4. Who manages medication administration and how is it tracked?
5. Is there a registered nurse or licensed nurse on-site 24/7?
6. How do you handle medical emergencies?
7. What happens if a resident's care needs increase over time?

About Daily Life

8. What does a typical day look like for residents?
9. How many meals are served daily, and can I see a sample menu?
10. What types of activities and social programs are offered?
11. Is transportation provided for medical appointments and outings?
12. Can residents personalize their rooms with their own furniture?
13. Are pets allowed in the community?

About the Community

14. What security measures are in place? Is the building secured 24/7?
15. What are the visiting hours for family members?
16. What is the move-in process and timeline?
17. Can I speak with current residents or their family members?
18. What is the community's policy on COVID-19 and infection control?
19. What common areas are available (gardens, salon, library, etc.)?

About Cost

20. What is the monthly base rate, and what does it include?
21. Are there additional fees for higher levels of care?
22. Is there a community fee or move-in deposit?
23. Do you accept Medicaid, VA benefits, or long-term care insurance?
24. What is the billing cycle and payment process?
25. Are there any hidden fees I should know about?

Tip: Take notes during your tour and visit at different times of day if possible. The feel of a community can change between morning and evening hours.

Average Costs in Broward County

According to the Genworth Cost of Care Survey, the average monthly cost of assisted living in Florida is approximately \$4,500–\$5,500, with Broward County costs trending slightly higher due to the South Florida market. Costs vary significantly based on room type, level of care, and community amenities.

What’s Typically Included vs. Extra

Typically Included	Often Extra
<ul style="list-style-type: none"> ✓ Room and board ✓ Three meals daily ✓ Housekeeping and laundry ✓ Basic care assistance ✓ Activities and programming ✓ Utilities and maintenance ✓ Emergency call system 	<ul style="list-style-type: none"> • Higher levels of care • Medication management • Incontinence supplies • Salon / barber services • Transportation • Cable and telephone • Specialized therapies

Financial Assistance Options

- **Medicaid (Florida):** Florida’s Statewide Medicaid Managed Care Long-Term Care program can help cover assisted living costs for eligible residents.
- **Veterans Benefits:** The VA Aid & Attendance pension benefit provides up to \$2,431/month for a veteran or \$1,318/month for a surviving spouse.
- **Long-Term Care Insurance:** If your loved one has a long-term care insurance policy, it may cover a portion or all of the assisted living monthly cost.
- **Bridge Loans:** Short-term financing options to help families cover costs while waiting for a home sale, VA benefits approval, or Medicaid eligibility.

Cost Comparison: Full-time home care in Broward County averages \$5,000–\$6,000/month for 12 hours/day of assistance—and doesn’t include meals, activities, housekeeping, or 24/7 emergency support. Assisted living often provides greater value and peace of mind.

How to Talk to Your Parent About Assisted Living

This is often the hardest part of the process. Approach the conversation with empathy, patience, and respect.

- Choose the right time and place. Have the conversation in a calm, private setting when everyone is relaxed—not during a crisis.
- Listen more than you speak. Acknowledge your loved one's fears and concerns. Validate their feelings before sharing your perspective.
- Focus on what they gain. Emphasize social connections, daily support, chef-prepared meals, and freedom from home maintenance.
- Involve them in the decision. Let your loved one tour communities, ask questions, and participate in choosing their new home.
- Don't force it in one conversation. This is often a process. Be willing to revisit the topic multiple times.

What to Bring on Move-In Day

- ✓ Comfortable, familiar clothing (labeled with their name)
- ✓ Favorite photos, artwork, or meaningful mementos
- ✓ A comfortable pillow and blanket from home
- ✓ Toiletries and personal care items
- ✓ Important documents (ID, insurance cards, medical records)
- ✓ A small piece of furniture if space allows (favorite chair)
- ✓ Medications in their original labeled containers

Helping Your Loved One Adjust

The first few weeks can be an adjustment period. Here's how to support a smooth transition:

- Visit regularly—but give space for your loved one to build new relationships and routines.
- Encourage participation in activities and dining with other residents.
- Communicate with staff about your loved one's preferences, habits, and history.
- Be patient. It typically takes 30–90 days for most residents to feel fully settled.

Staying Connected as a Family

Moving to assisted living doesn't mean distance. Stay connected through regular visits, phone and video calls, shared meals during visiting hours, attending community events together, and including your loved one in family celebrations and outings when possible.

Why Families Choose Colonial Gardens

For over two decades, Colonial Gardens Residences has been a trusted name in senior care in Broward County. Here's what sets us apart:

- **128-Bed Community in Lauderhill, FL**
Our thoughtfully designed campus provides a warm, homelike environment with spacious rooms, beautifully landscaped garden courtyards, and comfortable common areas.
- **24/7 Nursing Staff**
Round-the-clock care provided by licensed nurses and trained caregivers. Whether it's medication management, daily living assistance, or an emergency—our team is always here.
- **Both Assisted Living and Memory Care**
We offer both under one roof, allowing residents to age in place and transition between care levels without leaving the community they know and love.
- **Chef-Prepared Meals**
Three nutritious, delicious meals daily plus snacks, accommodating dietary restrictions and personal preferences. Great food is essential to great quality of life.
- **Beauty Salon & Garden Courtyards**
On-site beauty salon for hair, nail, and grooming services. Lush garden courtyards provide serene outdoor spaces for walking, relaxation, and family visits.
- **All-Inclusive Pricing**
No surprise charges—families can plan with confidence knowing exactly what's covered in our transparent, all-inclusive monthly rate.
- **Personalized Care Plans**
Every resident receives an individualized care plan developed in collaboration with their family and medical team, regularly updated as needs change.

★ ★ ★ ★ ★ 4.8-Star Google Rating

Rated 4.8 stars from 162+ Google reviews. Families consistently praise our compassionate staff, beautiful environment, and exceptional quality of care.

Schedule Your Personal Tour

We know that choosing an assisted living community is one of the most important decisions your family will make. We're here to help you every step of the way.

Call Us: (954) 484-1960

Email Us: info@colonialgardensresidences.com

Visit Us: 2801 NW 55th Ave, Lauderhill, FL 33313

Website: colonialgardensresidences.com

WhatsApp: wa.me/19544841960

We offer complimentary tours Monday through Saturday.

During your visit, you'll meet our caring staff, enjoy a meal prepared by our culinary team, explore our beautiful campus, and learn how Colonial Gardens Residences can become home for your loved one.

Colonial Gardens Residences

Assisted Living & Memory Care | Lauderhill, Florida
Licensed by the Florida Agency for Health Care Administration