

# Personal Care vs. Memory Care *in Chester County*



*A Family Guide from*



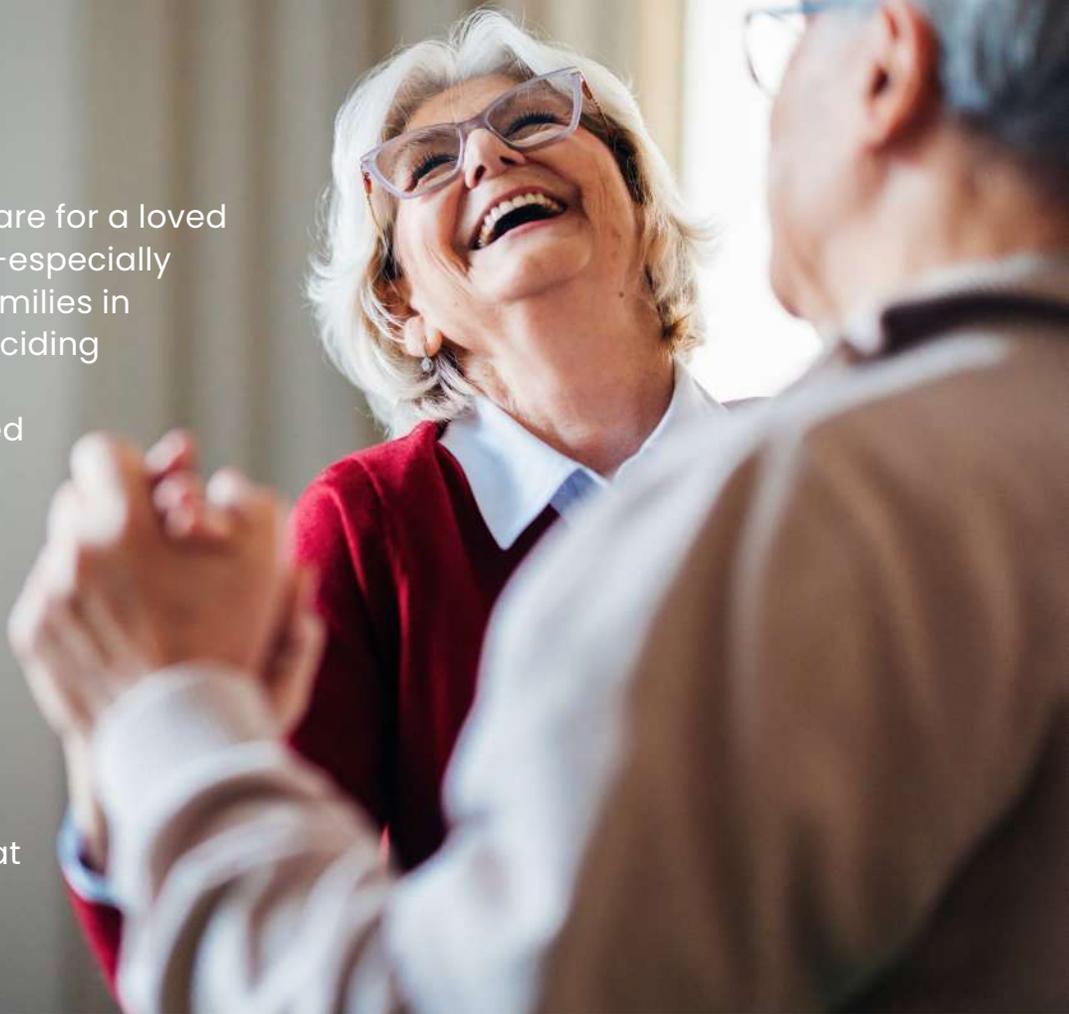
**FIELDSTONE**  
AT CHESTER SPRINGS

A VANTAGE POINT RETIREMENT LIVING COMMUNITY

## Introduction

Choosing the right level of care for a loved one can feel overwhelming—especially when needs are evolving. Families in Chester County are often deciding between **Personal Care** and **Memory Care**, each designed to support seniors in very different ways.

At **Fieldstone at Chester Springs**, we believe education brings peace of mind. This guide explains the difference, highlights when each may be appropriate, and shares what makes our community—and our culture—truly unique.



## A Compassionate Place to Begin

If you're reading this guide, chances are you didn't arrive here lightly. Families often tell us they feel a mix of emotions—concern, uncertainty, even guilt—as they explore senior living options for someone they love. Many wonder if they're acting too soon – or waiting too long. Others feel overwhelmed by conflicting advice or unsure how to balance safety with independence.

At Fieldstone at Chester Springs, we understand that this decision is not just practical, it's deeply personal. Our goal is to walk beside you, offering clarity, empathy, and reassurance as you consider what feels right for your family.



# Understanding Personal Care

**Personal Care** is designed for older adults who value independence but benefit from daily support and a maintenance free lifestyle.

## **Personal Care Services May Include:**

- Assistance with bathing, dressing, grooming, and mobility
- Medication reminders and coordination
- Three chef prepared meals each day
- Housekeeping and laundry services
- Wellness programming and social activities
- 24/7 team member availability

## **Who Is Personal Care Best For?**

- Needs help with daily tasks but remains cognitively intact
- Wants to reduce home responsibilities
- Enjoys social connection and structured engagement
- Needs peace of mind without constant supervision

It can be hard to accept that someone who has always been capable now needs help. Choosing personal care does not mean giving up independence—*it means protecting dignity while easing daily burdens.*

Families often tell us that once their loved one settles in, they wish they had made the decision sooner—not because it was easy, but because of the relief and renewed quality of life it brings.



# Understanding Memory Care

**Memory Care** is a specialized level of support for individuals living with Alzheimer's disease or other forms of dementia. It goes beyond daily assistance by focusing on safety, routine, and cognitive appropriate engagement.

## Memory Care at Fieldstone Includes:

- **The Compass Memory Care™** program—a proprietary, evidence based approach
- Dementia trained team members available 24/7
- Secure, thoughtfully designed neighborhood
- Purposeful daily routines to reduce anxiety and confusion
- Cognitive supportive experiences (not just activities)
- Ongoing family education and communication

## Who Is Memory Care Best For?

- Has a dementia diagnosis – Alzheimer's, Dementia, and/or Neurocognitive Diagnosis
- Is experiencing increased confusion or disorientation
- Needs frequent cueing or hands on guidance
- Is at risk of wandering or unsafe behavior
- Is struggling in a less structured environment

Considering memory care can feel especially heavy. A dementia diagnosis often brings grief for what feels like a loss of familiarity—the person you've always known, the routines you shared, the independence they once had. Memory care is not about giving up—it's about providing the right environment when cognitive changes make daily life confusing or unsafe.

Through **The Compass Memory Care™** program, we focus on emotional connection, remaining abilities, and preserving a sense of purpose—even as memory changes.



# Personal Care vs. Memory Care

## Key Differences

Area of Support	Personal Care	Memory Care
Cognitive Support	General	Dementia-Specific
Security	Open Community	Secure Neighborhood
Daily Routine	Flexible	Intentionally Structured
Programming	Social & Wellness Focused	Therapeutic & Cognitive-Based
Team Training	Direct Care Certified	Specialized Dementia Education

# What Makes Fieldstone at Chester Springs Different?



## Family-Owned. Family-Focused.

Fieldstone at Chester Springs is proudly **family-owned and operated** as part of **Vantage Point Retirement Living**. Family is at the center of everything we do – from how we care for residents to how we partner with loved ones.

## The Compass Memory Care™ – A New Direction in Memory Care



Our memory care residents benefit from **The Compass Memory Care™** program, a trademarked, evidence based approach developed by Vantage Point Retirement Living. Rather than one size fits all activities, we offer **experiences** designed to preserve purpose, reduce anxiety, and improve quality of life.

## Every Team Member is Dementia-Trained

At Fieldstone, **every team member**, regardless of department or position, **receives dementia care training**. This whole-community awareness helps us recognize subtle changes in behavior or routine and **support early detection** of evolving needs. To learn more about The Compass Memory Care™ and our philosophy, visit **www.thecompassmemorycare.com**.

## A Culture Built on Values

Guided by Vantage Point's culture first philosophy, we emphasize **trust, compassion, responsibility, resident centered care, staff engagement, and family connection**. These values shape daily life at Fieldstone and are felt in every interaction.

# You're Not Alone in Watching for Changes



One of the most emotionally difficult aspects of caregiving is recognizing when something feels different. Subtle changes—skipping meals, withdrawing from conversations, changes in sleep, or confusion during familiar routines—can be early signs that care needs are shifting.

At Fieldstone, because every team member is dementia trained, there are more eyes, more awareness, and earlier recognition when a resident's needs change—allowing families to respond with compassion instead of crisis.

## There is No 'Perfect Time' *Only the Right Support*

Many families worry about timing.

The truth is, there's rarely a single clear moment when everything feels certain. What matters most is choosing an environment where your loved one is:

- Safe and supported
- Seen as an individual
- Treated with dignity and kindness
- Able to experience comfort, familiarity, and moments of joy





## Here for Every Step of the Journey

Because we offer both personal care and memory care, residents can remain in a familiar, supportive environment even as needs evolve.

From our family to yours, we're here to help you make informed, confident decisions.

### Next Steps

Schedule a visit, speak with a Community Relations Director, or request a personalized care consultation. We'll listen without pressure and help you consider what feels right for your loved one.

**Fieldstone at Chester Springs** is a proud member of the **Vantage Point Retirement Living** Family. Visit [www.fieldstonelife.com](http://www.fieldstonelife.com) for more information.