



LIFESTYLE COMPARISON

As we get older, maintaining both our home and our lifestyle becomes more challenging. Consider how senior living offers a positive way to manage these challenges and live more independently.

LIVING AT HOME

Isolation from friends with fewer opportunities to socialize and stay involved in outside interests.

Reliance on the availability of others to get where you need and want to go.

Eating alone. Prepackaged meals. Difficulty following special dietary requirements.

The time and energy consuming burden of cleaning, laundry, and maintenance.

Anxiety about if or when help will be available in case of an emergency.

Limited access to fitness programs and equipment. Lack of motivation

Dependence on family and outside help for assistance. Lack of pride.

SOCIALIZATION



The warm company of neighbors. Engaging social, cultural and educational events every day.

TRANSPORTATION



Scheduled transportation service available for local appointments, errands, and outings.

DINING



Dining with friends. Fresh menu options. Accommodations for many dietary needs.

HOME MAINTENANCE



Housekeeping, linen service and maintenance provided by a professional staff.

MEDICAL EMERGENCY



Alert system in each apartment. Immediate help available from 24-hour on-site staff.

PHYSICAL ACTIVITY



Daily on-site opportunities to improve mobility, strength, and wellness

INDEPENDENCE



Encouraged independence. Discreet support provided by caring, trained staff as needed.

At The Hearth, we've helped hundreds of families find the answers they need. Even if we are not the best answer for your family, we can offer free, confidential advice. Visit www.thehearth.net/schedule-tour to arrange a personal appointment.