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## Why Senior Living may be a **Positive Alternative**

Many people think that growing old in the family home is the perfect scenario. And it is for some. But others will appreciate and enjoy community living with opportunities for socialization, fulfillment, organized programming and outings and a helping hand as needed.

Also, it is easier to be proactive and decide to move on your own terms and timeline, as the home situation can change

quickly when faced with unexpected challenges due to aging, illness or injury.

There are lots of reasons why people stay put – they may be feeling sentimental, worried about losing independence or afraid of change – but there are even more reasons why senior living may be a more ideal lifestyle choice.

See why senior living offers a positive alternative to living at home and more benefits than expected in a side-by-side comparison.



	Living at Home	Senior Living
<b>Home Maintenance</b>	Responsible for lawn care, gutter cleaning, window washing, painting and other home maintenance issues	Freedom from home maintenance and repair
<b>Chores</b>	Cleaning, grocery shopping, laundry	Choose to do as much or as little as you want with housekeeping and laundry services and chef-prepared meals served restaurant-style
<b>Family time</b>	Family assists with chores, errands, appointment scheduling and household management	Spend quality time with family visiting, dining and attending grandchildren's events and family parties
<b>Socialization</b>	May experience loneliness from the loss of a spouse or a shrinking social circle of friends and isolation may cause health issues	Live among a community of peers and develop new friendships at social gatherings and outings
<b>Health and Wellness</b>	Meal preparation and planning and fitness routine on your own	Daily group exercise classes, on-site fitness center, access to personal trainers and/or physical therapists and walking clubs
<b>Peace of Mind</b>	Family members worry when they can't be there around the clock	Family members can rest assured knowing that someone is on-site 24/7 and residents are in a secure environment with safety features like bathroom grab bars and medical alert devices
<b>Helping Hand</b>	Hire caregiver and/or schedule family members to assist with bathing, meal preparation, medications, etc.	A helping hand is available as needed from experienced caregivers morning, noon and night
<b>Transportation</b>	Car ownership and maintenance or rely on family, friends, neighbors or public transportation for rides	Transportation is available for dining, appointments, shopping, and outings and parking available
<b>Pursuit of Passions</b>	Less time to pursue interests and hobbies when taking care of a home and personal needs on your own	Without the responsibility of home upkeep and chores, there's more time to spend doing the things that bring you joy plus a culture that inspires and supports the pursuit of passions
<b>Medical Care</b>	Schedule appointments; travel to doctor and therapy visits; pick up prescriptions	Coordinated, personalized care team available on-site for wellness, illness and therapy needs
<b>Expenses</b>	Paying real estate taxes and monthly bills for gas, electricity, water, groceries, cable, television, etc.	An affordable alternative to living at home with some offering all-inclusive monthly fees that cover utilities, cable, rent, housekeeping, dining and activities

# Benefits of Senior Living

## Greater Independence

Senior living promotes independence by making residents less reliant on family and enabling them to live safely and freely within a community setting. The ability to choose what program to attend and when to do an activity or dine without relying on others' schedules gives residents more control and autonomy.

## A Healthier Lifestyle

Changing health needs and abilities can lead to less occasions for socialization, leaving older adults living on their own feeling lonely and isolated, which is not good for one's physical and mental health. A move to senior living may remedy loneliness with a more engaged lifestyle. Senior living offers social connection, life enrichment and fulfillment opportunities – often not available when living at home – that can result in better health and emotional wellbeing.

## Making New Memories

Many people are hesitant to move to senior living because they've made a lifetime of memories in their homes. By focusing on the past, they avoid seeing that the home no longer fits their present needs. Furthermore, a move to senior living presents a host of memory-making opportunities with chances for continuing lifelong learning, trying new things, making new friends and even leading a program or class on your own.

## Weigh Your Options

When deciding which living situation is best for you or an aging loved one, be sure to consider the pros and cons as they relate to the present day *and* the future. The best way to evaluate and sample the lifestyle at a senior living community is to schedule an appointment and visit in person.



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