

## Why Choose Senior Living?

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Each of our residents has their own reasons for choosing senior living, and so will you. But here are some of the most common ones we hear:

### **It feels like it's time to be somewhere more safe and secure than home alone.**

Even though the topic of needing a little bit more help on a daily basis can be an uncomfortable one, it's important to understand that aging often presents new challenges that require new solutions. AARP reported that more than 70 million people over the age of 50 have at least one chronic medical condition.

Even if you are in perfect health right now, there's a good chance you could benefit from a little more attention as you get older. This is particularly important to consider if you're already feeling a little nervous about things like losing your balance and falling, especially if you live alone and could have a hard time getting to the phone in the event of an emergency.

Our care philosophy is centered on dealing with these challenges. Our community-based program, Home 2 Stay, is designed to prevent unnecessary hospitalizations. If hospitalization does occur, then we implement our care coordination process to quickly and appropriately transition the resident back to our community.

### **You want to spend less time doing chores and more time doing the things you love.**

Even though many seniors wait to consider senior living until they have increased medical needs, some of our residents decided to make the transition so they could make the most of their retirement years. That's because residing in a senior living community often means you can say goodbye to things like cleaning the house, doing the laundry, and cooking your own meals. Here at MBK, our team members handle all the mundane chores and responsibilities so you can spend less time on what you need to do and more time on what you want to do.

### **You could use a little extra help with day-to-day tasks like personal grooming or managing medications.**

Even if you don't need skilled care, maybe you could benefit from some assistance with day-to-task activities like bathing, dressing, or managing medication. Many of our residents, especially those who choose to move into an assisted living community, enjoy the

redefined independence they experience when someone else is available to help out with the daily activities of life. Because they no longer have to stress about those tasks, they can spend more time focusing on the things they love most.

**You'd love to have more social opportunities with some new, great friends.**

While the numbers vary depending on the individual study, research shows that many seniors today live alone. Because isolation can negatively impact your health, this can be a big concern, both for seniors and their adult children, who often worry about their parents being alone. Even if you're an introvert, you may wish you had more opportunities to make new friends.

If you think you would enjoy spending more time with people who share your interests or who can relate to the season of life you're in, you just might love being part of our community. Because you can have your own private apartment, it's possible to have the best of both worlds, spending your days building social connections, but still savoring alone time. Many of the seniors who live in our communities see their new circumstances as a way to build friendships while still maintaining their own independence.

**You want to plan for your future so your kids don't have to worry.**

Another common thing we hear from residents is that they chose to move to a senior living community for the sake of their adult children. Some of our residents even made the transition while they were in perfect health to prevent putting their kids in a situation that would require them to make a hard decision in the event of an emergency.