

Debunking Myths About Senior Living

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When you think of senior living or assisted living, what do you picture?

Many people still envision the old nursing home facilities from decades ago. I remember my grandmother's nursing home in northern Indiana. Long dark hallways with pale yellow paint on the walls. It had very modest furnishings and décor, elderly shuffling down the hall in medical gowns and nurses with a scowl on their face. It wasn't quite like "One Flew Over the Cuckoo's Nest" but for a 10-year old, it was close! However, because of this stigma, many families think of assisted living as a nursing home. Well, we're going to debunk that idea in the next couple of articles. The truth is these facilities have changed a lot over the years, and we'd like to clear up some of the myths.

Myth 1: Nursing homes and assisted living facilities are the same thing.

Fact: Not at all. Here's why!

A **nursing home** or skilled nursing facility is for individuals with chronic health issues that require close attention and around-the-clock care from medical professionals. Nursing homes deal with rapidly changing health. Skilled nursing care may be short-term, due to a temporary medical condition or long term, requiring long-term care normally found in or near a hospital.

In **assisted living** you receive the support you really want and need. Assisted living is a senior adult **community**, not a **medical facility**. It provides assistance with performing daily tasks that may be difficult or dangerous for some people to do on their own, such as getting dressed and bathing. Other services available at an assisted living facility include meals, medication management, housekeeping, and recreational activities. As we age these tasks become more burdensome and a friendly helping hand can make all the difference.

MYTH 2: It's simply too expensive.

FACT: Staying at home can cost much more in the long run, especially when you consider your family's medical history and the potential for unforeseen care needs. Regardless of health or habits, **up to 70% of seniors will eventually need some sort of daily assistance.** And even if you aren't already paying for in-home care, it's often cheaper to



consolidate your living, dining, home upkeep, and personal support expenses by moving to a community that offers assisted living. In addition, our health improves when we are social, exercising, eating well-balanced meals, and feel safe. Assisted living promotes healthy living overall and reduces future medical costs. Our particular community also offers a Lifetime Promise that commits to no rent or care increases for the duration of the individual's stay with us.

Myth 3: Seniors who live in assisted living communities lose their independence.

Fact: Assisted Living communities enable independence.

Seniors who live in assisted living communities are encouraged to be as independent as they are able. We provide residents with the assistance they need, but they live on their own schedule in their own way. Our residents continue to live vibrant, fulfilling lives. Many continue hobbies they have enjoyed throughout their life, participate in volunteer opportunities, go on lunch outings and vacations.

Assisted living strives to feel as much like home as possible. Residents are encouraged to personalize their space by bringing their own furniture, decorating to their liking, and personalizing their apartment.

Although many people believe seniors who live in assisted living are no longer allowed to drive cars, **this simply is not the case.** As long as a person is able to drive without putting themselves or others at risk, they are permitted to do so.



Well, we've reached the end of this month Myth-buster on senior living. We look forward to sharing more next month!

Pia



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Independent & Assisted Living for Seniors 55+

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