

Benefits of Assisted Living

Requiring the help of others can be a hard reality to accept.

Many seniors may view moving to an assisted living center as giving up their independence. However, these specialized facilities offer people much of your familiar lifestyle with the security that someone is watching over your health. Consider these benefits they provide for the next new and exciting chapter in your life.

Camaraderie with Residents

Social isolation can be a devastating condition for seniors. In fact, the American Association of Retired Persons offers these sobering statistics to consider.

- 17% of adults aged 65 and older feel isolated.
- 26% are at an increased risk of early death due to the feeling of loneliness.
- 46% of women aged 75 and older live alone.

An assisted living facility helps maintain a social

life as community events are held to stimulate physical and mental health. Seniors can participate in exercise programs, exciting games and build relationships with staff and fellow residents.

Constant Health Care Supervision

You may not feel like you need constant supervision at this stage in your life, but as you continue to age, it's likely your capabilities will falter and make daily activities more difficult. Deciding to commit to an assisted living community before this occurs, allows you to become familiar with the staff and professionals you will later rely on. They are highly trained to offer 24/7 care in a professional and dignified manner.

More Free Time

One reason seniors decide to move into assisted living is when the demand of maintenance for their family home becomes too much. Once you downsize and sell your previous property, you gain more free time to use for fun activities or to enhance your health.

Healthy and Delicious Meals

Cooking can become increasingly difficult due to conditions like arthritis, but it's still important to eat healthy. Most assisted living facilities offer delicious meals which include the nutrients your body needs to age gracefully. Dining centers also give residents the opportunity to enjoy the company of friends as they share an elegant meal.



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