

The Best of Both Worlds!

Assisted living is often viewed as the best of both worlds. Residents have as much independence as they want with the knowledge that personal care and support services are available if they need them. Assisted living communities are designed to provide residents with assistance with basic ADLs (activities of daily living) such as bathing, grooming, dressing, and more!



Assisted Living Communities offer a more home-like atmosphere!

Assisted Living *Individualized Independence !*



Is Assisted Living Right for You!

Do you need more help than family and friends are able to provide?

Are the activities of daily living becoming stressful or overwhelming? If family or in-home help is not able to bridge the gap, assisted living is an option.

Do you feel lonely or isolated at home?

Having an active social life is vital to your health and happiness. Being alone much of the time is a recipe for depression. The social aspect of assisted living is a huge benefit. Good facilities offer a range of social and recreational activities. And the community environment also gives the opportunity to make new friends.



Assisted Living makes meaningful activities and chats with neighbors in pleasant surroundings available.

Do you worry for your safety?

Perhaps your mobility is limited, making it difficult to get out of bed by yourself, for example. Maybe you're afraid of what might happen if you fell and couldn't get up, or experience another problem and couldn't get help.

Are you tired of maintaining a home?

There are a lot of responsibilities that come with living in your own home. Assisted living facilities can provide a home-like atmosphere, without the work of cooking, cleaning, shopping for groceries, and doing laundry.

Is transportation an issue?

Perhaps you're having trouble driving or can no longer drive. If public transportation or another alternative isn't easy and convenient, you may be increasingly housebound. Assisted living facilities offer transportation, so you can get where you need to go without having to rely on friends and family.



Having to rely on others to go to the grocery store, pharmacy or to take you on other errands isn't always feasible.

What Should I Look for?

There are many factors to consider when choosing an Assisted Living community including the following:

- Location - is the community close to you? Your siblings? Your elderly loved one's friends and relatives?
- Activities and Services - What activities and entertainments are provided? Are there opportunities for socialization?
- Amenities - Kitchens, refrigerators, microwaves in the rooms? Are there exercise facilities? A mall or grocery store nearby?
- Medical Training and Capabilities - What medical training have the staff members received?
- Safety Considerations - How many staff members are on duty during each shift?
- Financial Factors - How much does it cost?