

UNDERSTANDING THE DIFFERENCES IN SENIOR LIVING OPTIONS

Because there are more senior living options than ever before, determining the correct type of care for yourself or a loved one can seem overwhelming. Below, explore several of the options available to seniors.



INDEPENDENT LIVING

Residents of independent living typically reside in an apartment or town home in a senior living community or neighborhood. Independent living can benefit those who want to increase their social activities but reduce their home maintenance or cooking duties. It provides the freedom to travel, entertain and enjoy hobbies.



ASSISTED LIVING

In assisted living, seniors also reside in an apartment in a senior living community. Assisted living offers a range of activities and services similar to those available in independent living, but also offers staff that provide support with daily tasks such as personal care, housekeeping, and medication management. This type of care may benefit seniors who need assistance getting dressed, cooking, or driving. Assisted living can help seniors maintain independence for as long as possible.



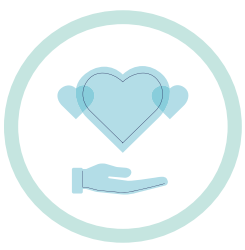
MEMORY CARE

Memory care, a more specialized type of senior care, takes place in rooms or suites in a secure environment staffed by professionals trained in dementia care. Memory care is appropriate for seniors with Alzheimer's disease or another form of dementia. Memory care offers programs and activities to help residents stay engaged and retain their quality of life. Memory Care that takes place in a community-setting often reduces the incidences of emergencies and social isolation of seniors with dementia.



SKILLED NURSING

Skilled nursing is a care option appropriate for seniors who need medical attention for serious illness, have reduced mobility, or require skilled care and oversight. This type of care, often provided in private or semi-private suites, includes 24-hour around-the-clock care with access to nutritious meals and on-site amenities. Seniors residing in skilled nursing may feel stronger and more secure than before their stay.



SHORT-TERM REHABILITATION

This short-term living option provides rehabilitative therapy and nursing care in a residential setting for seniors recovering after illness, injury or surgery. Outpatient rehab is often also available for residents who require additional care following the conclusion of their inpatient stay.

To learn more about the breadth of lifestyle and assistance options available to seniors contact us today at to speak with a senior-living expert.