

# Living at Home



# Senior Living

**As we get older, maintaining both our home and our lifestyle becomes more challenging.  
Consider how senior living offers a positive way to  
manage these challenges and live more independently.**

Isolation from friends. Fewer opportunities to socialize and stay involved in outside interests.



**Social Life**

The warm company of neighbors. Engaging social, cultural and educational events to participate in every day.

Reliance on others' availability to get where you need and want to go.



**Transportation**

Scheduled car or bus service always available for local appointments, errands and outings.

Eating alone. Prepackaged meals. Difficulty following special dietary requirements.



**Dining**

Dining with neighbors. Plenty of freshly prepared menu options presented with table service. Accommodations for many special dietary needs.

The time and energy-consuming burden of cleaning, laundry and maintenance.



**Housekeeping**

Housekeeping, linen service and maintenance provided by a professional staff.

Anxiety about if/when help will be available in case of an emergency.



**Emergency Assistance**

Alert system in each apartment. Immediate help available from 24-hour on-site staff.

Limited access to fitness programs and equipment. Lack of motivation.



**Exercise & Physical Activity**

Daily on-site opportunities to improve mobility, strength and overall wellness. Friends to offer encouragement.

Increased dependence on family and outside help for routine activities. Feeling like a "bother".



**Independence**

Discreet support provided by familiar, caring, well-trained staff as needed. Being more independent.