

## **Is Assisted Living a Good Choice for You**

If you or a loved one is living in your home, at some point daily activities and home maintenance may become too burdensome. At some point support services may be desired. Options include having someone move into the family home, moving to an easier to manage apartment or house, or moving to an assisted living.

Assisted living provides independent-style living with support services. Residents have their own apartments giving them the same privacy most of us enjoy. For those of us who are outgoing, assisted living offers numerous planned activities, social events and community meals. These activities help encourage a sense of community among residents, family members and staff. For those less social a sense of community can still be built through smaller social interactions among the other residents and staff.

Assisted living is a good option for the following:

- Couples if one or both needs more care than the other can provide for.
- People who are no longer able to maintain a home, complete chores such as grocery shopping or if driving becomes a concern.
- People who are not eating or drinking enough water.
- People who are not getting enough social stimulation or exercise.
- People who feel lonely or fearful living alone.

Once set in to a new routine, most people enjoy this new living arrangement. There are some people who assisted living may not be the best option. These include: highly private or reclusive people; people who need direct one-on-one care twenty-four hours per day, people with unpredictable behaviors or needs.

The first step to determining whether assisted living is the best option for you or a loved one is to understand what needs exist and what the preferences there are.