What is senior living?

Senior living is a broad term that can include anything from an apartment, condo or townhouse to a thoughtfully designed community with amenities, care and utilities covered under the monthly rent.

Senior living typically falls into three categories:

Independent Living

Designed for those who want to continue their active, independent lifestyle without the hassle of home ownership and daily tasks. These communities offer services such as delicious dining experiences, housekeeping, transportation and an events calendar filled with engaging opportunities. Many communities allow third-party home health services in the event care is needed.

Assisted/Supportive Living

Ideal for those who would benefit from discreet, 24-hour assistance with medication management, bathing, getting dressed, grooming, and escorts to meals and community events. Assisted/supportive living empowers individuals and enables a more independent lifestyle.

Memory Care

Designed for individuals facing the challenges of Alzheimer's or other forms of memory impairment who would benefit from a secure neighborhood, 24-hour care, medication management and opportunities for connection. Memory care communities provide safety and specialized services to improve cognitive health and connection with others.

Examples of common senior living amenities and services include:

- Fitness center
- Library
- Chef-prepared meals
- Housekeeping
- Restaurant
- Movie theater
- Personal care
- Transportation
- Salon and barber shop
- 24-hour staff
- Daily events
- And more

Amenities and services vary by community.

Atria SENIOR LIVING

Visit **AtriaSeniorLiving.com** to learn about the senior living communities located near you.

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