

# Benefits of Senior Living

From chef-prepared meals and opportunities to connect with others to discreet support when needed, senior living residents enjoy a fulfilling lifestyle that's designed to enhance their well-being.

## 5 benefits of senior living communities



### 1. Convenience

A dedicated staff takes care of daily tasks like cooking, cleaning and maintenance. Transportation service can be arranged for appointments and errands, and most utilities – such as electricity, gas, water and trash – are covered in the monthly rent.



### 2. More Opportunities to Socialize

Senior living communities offer an events calendar featuring social opportunities like guest lectures, exercise programs, art classes and other activities, making it easier to connect with others, pursue hobbies and discover new interests.



### 3. Easy Access to Care Services

Discreet support provided by a professional, dedicated staff is available 24/7. Services include personal care (bathing, grooming, getting dressed and safety checks), medication assistance and incontinence management.

Some senior living communities also offer memory care services, designed for those dealing with the challenges of Alzheimer's or other forms of dementia.



### 4. Achieving a Healthier Mind and Body Is Easier

Senior living communities increase social interaction, which helps keep the mind sharp, improves cognitive health and lowers the risk of dementia.

Residents enjoy nutritious meals in the company of friendly neighbors, attend fitness classes and participate in events that bring them joy.



### 5. Families Can Be Families Again

Many families discover that the strain on relationships – caused by the complexities of caregiving – is relieved upon moving to a senior living community.