

Quiz: Is senior living right for me?

Assess your current lifestyle in the categories below to see if living at home or at Atria is a better fit.

1. Social Life

A. I often engage with other people throughout the day. I actively participate in hobbies.

B. I mostly interact with my daughter and don't participate in hobbies like I used to.

C. I am alone most of the day and often feel isolated. I miss doing things that interest me.

2. Nutrition and Fitness

A. I often grocery shop and cook. I maintain a balanced diet and an active lifestyle.

B. My daughter cooks most of my meals. I sit most of the day and could benefit from fitness programs.

C. I find grocery shopping and cooking very difficult. I rely on fast food or frozen dinners, and exercise isn't a priority.

3. Home Environment

A. I clean and maintain my home to my liking. I utilize each room purposefully.

B. I struggle with home cleaning and upkeep, so my housekeeper helps with daily tasks.

C. There are areas of my home I avoid or can't use. It is difficult to clean, repair and maintain my home.

4. Independence/Assistance

A. I don't need much help, when I do, someone is always available.

B. I call on my family and neighbors for help, but I'd like to rely on them less.

C. I need more help than I have with daily activities like getting dressed and taking my medication.

5. Transportation

A. I shop, visit others and run errands when I want.

B. My daughter drives me around, but I'd like to run errands and get to appointments on my own.

C. I struggle with transportation. I travel only when necessary.

MOSTLY As

You are active and regularly engage with the world. Continue living at home or consider an all-inclusive lifestyle. An attentive staff to freshen the sheets, cook and handle repairs adds time and energy back into your day. Pursue interests and meet new people in a safe, welcoming community.

MOSTLY Bs

A move to senior living could improve your physical and emotional well-being. Atria provides as much or as little help as you need, inspiring more confidence and peace of mind. With daily opportunities to eat well, connect with others, learn new things and grow stronger, you'll gain more power over your life.

MOSTLY Cs

Living at home poses a potential risk to your health. Designed to help you live healthier, stronger and longer, Atria provides 24-hour support in a safe and comfortable community, as well as healthy meals, life-enriching events, scheduled transportation and more. A transition could help you thrive.