

holiday
by ATRIA
SENIOR LIVING

Common Misconceptions of Senior Living





Every move comes with considerations.



There are “what ifs” to ponder, financial matters to address and new environments to discover.

Moving from your current home to a senior living community is no different. Yet, it does present a unique set of opportunities – to meet interesting new neighbors and explore new possibilities.

Understanding what senior living is (and what it is not) will help you make the best decision. That’s why we created this guide.

Let’s get started.

This guide explores common misconceptions about senior living. For each of these, we’ll:



Hear from actual residents about the realities of senior living



Provide tips to help those considering a move to senior living

The misconception: I will lose my independence.

The reality:

Senior living sets you free to do more of what you love.



Senior living is all about enhancing your independence. Some communities offer all-inclusive amenities, which means you'll be free from cooking, housework and routine maintenance. As a result, you'll enjoy more time to spend with the people you love and do the things you want.

Senior living is all about you. If you love taking long drives, you can. If you love visiting with friends, you can. If you love learning new things, you can. Plus, with friends and neighbors just outside your apartment door, you'll always feel safe and secure.

“My family enjoys visiting and seeing that I’m happy here. And they can come any time.

It’s a joy to live here because I feel needed and wanted, and that’s so important to me.”

– Norma F.

Holiday Resident



Make it count.

Free from cooking and home maintenance, you'll have more time to enjoy:



Socializing with friends



Volunteering



Discovering a new hobby



Rediscovering an old passion

The misconception: I will be bored.

The reality:

Your calendar won't know what hit it.

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If engaging events are what you crave, you'll have a blast in a senior living setting. No matter where your interests and passions lie, you'll almost certainly find an event that suits your style on a community calendar – after all, these programs are designed for social connection, entertainment and inspiration.

At many communities, events are designed around an approach to living that incorporates everything from physical activity and emotional needs to creative, spiritual and intellectual pursuits.

“Trivia is my favorite activity. I like to do the artwork. Yoga is my favorite exercise that I do here. I never miss that. I just especially like having conversations with people.”

– Blanche M.
Holiday Resident



Holiday residents gain an average of 45.6 hours per month that would otherwise be spent on home upkeep. With all of that free time, you'll be able to explore a whole host of new hobbies and revisit old passions.

The misconception: I won't know anyone.

The reality:

Senior living communities are filled with friendly people, so you'll never be without good company.



Senior living means you have your privacy and freedom, but you never have to be alone. Company is just around the corner, and you won't believe how easy it is to make new friends. The benefits of being social are well-documented, and it's easy to get out and have fun with friends when you're already neighbors. What's more, friends and family are always welcome to join in events and activities – so you can have fun together.



“I didn't know what it was going to be like being around so many people all the time, but I found that that's what I really needed. Being in a group like this has really helped me a lot, and I'm sure it would help anybody else who is considering senior living.”

– Norma F.
Holiday Resident



The misconception: I can't afford it.

The reality:

Senior living may actually be the more affordable choice.



The financial benefits of moving to a senior living community are often as valuable as the social gains. The time and costs associated with home maintenance and aging in place can increase as you age – a few little projects can turn into several big projects over the years, taking time and money away from your interests and passions. Senior living communities often offer all-inclusive amenities, meaning costs for food, housing, maintenance and amenities are included in the monthly rent.

As you think about how the benefits and expenses stack up, be sure to consider the intangible costs – they can be significant factors in the decision-making process, and they don't complicate the arithmetic any further. It's difficult to assign a cost to daily social events, transportation and chef-prepared meals, but the value is clear.



Although nearly 90 percent of people 65+ want to stay in their current homes indefinitely, aging in place may actually be more costly than moving to senior living.

When considering the budgetary impact of a senior living move, be sure to factor in the following costs:



Property taxes



Utilities



Housekeeping



Lawn and garden services



HOA fees



The misconception: I won't like the food.

The reality:

You'll get all of the taste
with none of the effort.



If you are what you eat, you should only enjoy the good stuff. And there's nothing quite so tasty as good food in good company.

Many senior living communities offer fresh, chef-prepared meals and menus that change with the seasons. A community's culinary team should encourage input from residents about dishes they prefer and any special nutritional needs they might have.

Food is a big part of everyday life, so make sure you're invited to sample a typical meal at every community you consider.



"I like going to the dining room for meals, for the main reason that I don't have to cook or clean up afterward."

– Grace B.
Holiday Resident



Making the move.

Finding the right senior living community is a process, but a little perspective goes a long way. Now that you understand the benefits and opportunities offered, you can select a community that's just right for you.

We can help.

Our dedicated team members are always happy to answer questions about Holiday communities or senior living in general. Reach out to us anytime.



To learn more about a Holiday community near you, call 800.322.0999 or visit [HolidaySeniorLiving.com](https://www.HolidaySeniorLiving.com).