

# Ways Assisted Living Can Make You More Independent



Most people associate assisted living communities with losing their independence—this could not be further from the truth. These communities are designed to support and grow each resident's independence! Residents often discover a new sense of freedom, partnered with an even better quality of life.

## Assisted living helps people get out of the house

Older adults may have difficulty leaving their homes or may not be able to find a reason to leave their homes. Assisted living communities have an abundance of opportunities for residents to leave their home and participate in the community. A trained and dedicated team is there to aid with transportation around the community and mobility.

## Social connection

Assisted living communities have no shortage of social events, activity options and opportunities to build friendships. In an assisted living community, residents have the option to be alone or to be social, depending on their preferences. Get involved in crafts, theater or discover a new passion! There is always the opportunity to socialize and make new friends. The freedom and independence of pursuing passions, learning something new and making new connections is good for all older adults' emotional and physical well-being.



## Cooking made easy

Older adults may have trouble cooking or grocery shopping. With assisted living that is a thing of the past. Many assisted communities have dining programs with nutritious and varied menu options. Communal dining rooms are just another opportunity to be social and connect with other members of the community.

## Independence without the risk

While assisted living does foster independence, nurses are available around the clock to provide support when needed. Assistance is also available should a resident need help with dressing, bathing, medications and much more. What's great is that the support residents find in assisted living is designed to promote independence, provide peace of mind and empower each resident. It's easier to be independent when you have fewer things to worry about!



*The Legacy at North Augusta is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving*

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