

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

Telehealth is becoming popular and it certainly has its advantages. Using mobile devices and computers can help older adults get in touch with their medical provider right in the comfort of their own home. This reduces travel and is a convenient way to meet with your doctor and get the help you need when you need it.

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.

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 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.lack of transportation.

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!

