

Ways Assisted Living Supports Independence



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.

1. Nutritious dining options. Enjoying chef-prepared, balanced meals without the burden of grocery shopping, meal planning or cooking, creates more time and energy for pursuing personal interests. Shared dining experiences also provide opportunities to connect with friends and neighbors, helping foster a sense of community and belonging.

2. Cognitive engagement. Lifelong learning opportunities, such as educational lectures, discussion groups and enrichment programs, support mental well-being and keep the mind active. Regular engagement in intellectually stimulating activities can spark curiosity, encourage social interaction and help older adults continue exploring new interests and skills throughout their lives.

3. 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 an opportunity to socialize and make new friends.

4. Independence without the risk. While assisted living does foster independence, support is available when needed. 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!



Call 540-712-3876 or visit www.thelegacyatnorthaugusta.org

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