



## WHEN IS THE “RIGHT TIME” FOR SENIOR LIVING?

Everyone ages, but we all age differently. Some of us are energetic and spry at 92, while others who are 15 years younger may have numerous physical maladies that require help or care each day. Our personal goals or physical limitations are often the deciding factor in moving into a senior living community – and which type of community to consider. In both cases, Family issues often play a key role.

Those who are still healthy and energetic – and who have planned for their senior years – often prefer independent living communities that are home to others who are active like themselves. Their primary motivation for moving is often to get out from under the burdens of home maintenance in favor of a more carefree lifestyle that also offers an active, secure, friendly environment with others of like age and motivation.

For those who meet these criteria, the opinions of their children and other Family members often influence, but seldom occupy, the deciding role. The final decision is typically that of the Residents themselves.

However, the opinions of others – particularly adult children – are often the deciding factor for seniors who have health issues and require care and attention or help with activities of daily living, such as dressing, showering and taking medications. Most often, Families in this situation find that assisted living communities present the best solution for their loved ones for various reasons.

Physical limitations as well as loneliness sometimes cause individuals to become shy and reclusive.

Such behaviors can affect their overall outlook and perception of wellness. Assisted living communities address all of these needs and sensitivities and help individuals to thrive among others who have similar issues.

In cases in which Alzheimer’s and other dementias are present, adult children who are caregivers often find they are unable to provide full-time care. In extreme cases, without a senior option such as a special memory care environment, the health of the caregiver can become a secondary issue as well.

The needs of the individual with Alzheimer’s or dementia eventually exceed the individual caregiver’s ability to provide the type and level of care needed.

Senior living communities with special memory care environments have experienced staff and environments to provide care around the clock in a safe environment that is attuned to the unique needs of the individual.

**For additional information, contact the information center at your Somerby Senior Living community – 800-914-4870.**