

Assisted Living With The Feelings of Home

The decision to move yourself or a loved one into a senior living home can be a difficult one. However, the benefits of moving into a senior living much outweigh the risks of staying home alone as older adults. See our [Staying vs Moving comparison chart](#) to help put your and your loved ones' minds at ease.

Staying at Home

Moving to a Senior Living Home

<i>Dependence</i>	<p>Dependent on others for assistance with activities of daily living.</p> <p>Feeling like a “bother” to family or friends.</p>	<p>Support provided by caregivers around the clock, whenever it is needed.</p>
<i>Social Life</i>	<p>More confinement to home leading to isolation from friends, peers, etc.</p> <p>Inability to participate in activities with others.</p>	<p>Company of peers who also live in the home.</p> <p>Abundant social, educational, recreational, and entertainment activities daily.</p>
<i>Emergency Assistance</i>	<p>Feeling anxious of the unknown or worried about whether help will be there when you need it.</p>	<p>Emergency alert pendants for each resident.</p> <p>24-hour CPR certified staff ready and able to assist in an emergency.</p>
<i>Dining</i>	<p>Eating alone.</p> <p>Eating pre-packaged meals or fast food.</p> <p>Potential difficulty following dietary guidelines.</p>	<p>Dining with peers daily in a family-like environment.</p> <p>Freshly prepared food following dietary guidelines and accommodations for special diets.</p>
<i>Exercise</i>	<p>Limited or no access to adequate exercise programs.</p>	<p>Daily therapies and fitness opportunities available.</p> <p>Multiple activities to choose from, improving strength and wellness.</p>
<i>Housekeeping</i>	<p>Greater difficulty with household chores and home maintenance</p>	<p>Housekeeping, laundry, and overall home maintenance is provided by professional staff.</p>

