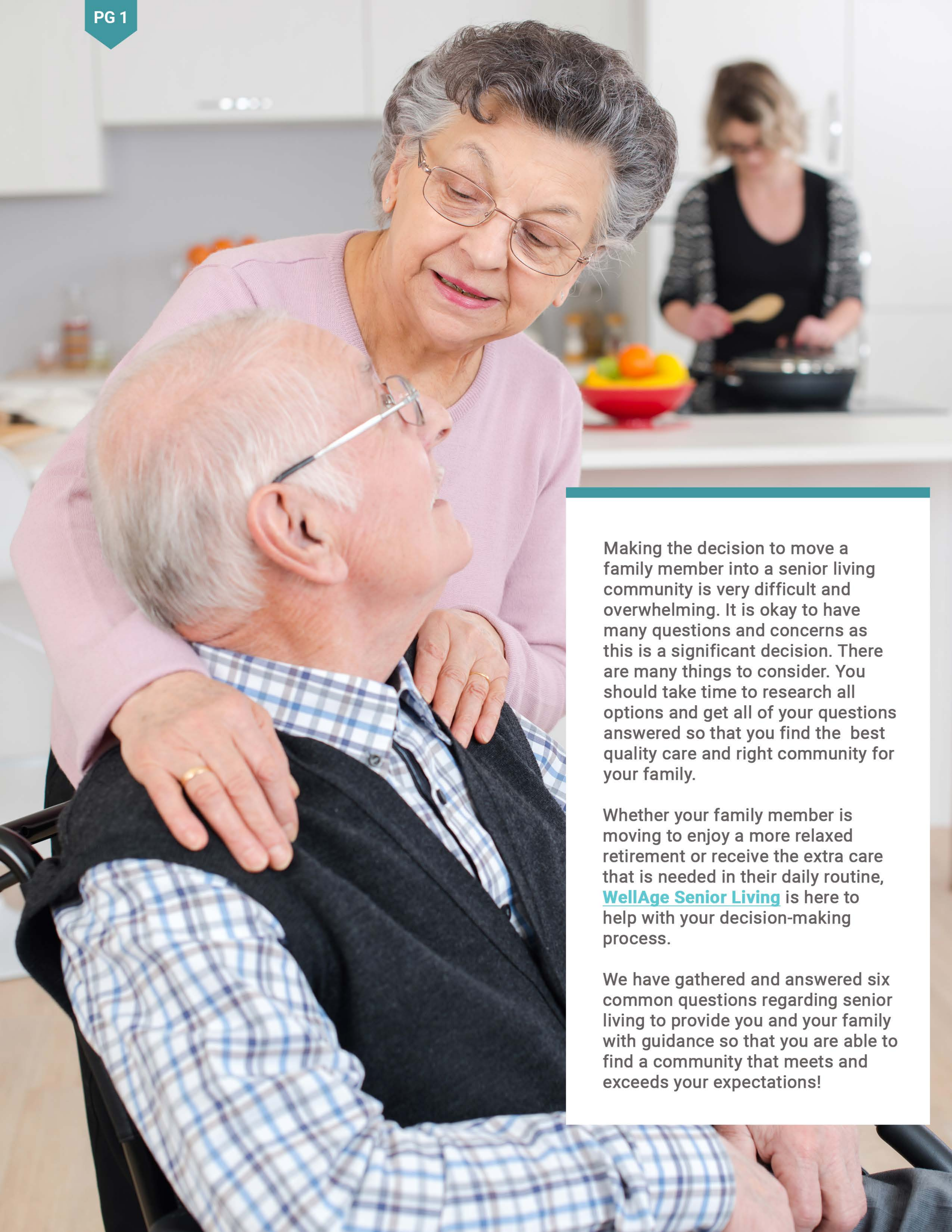


6 Common Questions About Senior Living





Making the decision to move a family member into a senior living community is very difficult and overwhelming. It is okay to have many questions and concerns as this is a significant decision. There are many things to consider. You should take time to research all options and get all of your questions answered so that you find the best quality care and right community for your family.

Whether your family member is moving to enjoy a more relaxed retirement or receive the extra care that is needed in their daily routine, [WellAge Senior Living](#) is here to help with your decision-making process.

We have gathered and answered six common questions regarding senior living to provide you and your family with guidance so that you are able to find a community that meets and exceeds your expectations!



Question #1:

Are All Senior Living Communities the Same?

The simple answer to this question is no. Senior living communities offer different services and many levels of care. Senior communities specialize in certain areas of care including:

- Independent Living
- Assisted Living
- Memory Care
- Short Term Care and Respite Stays

Beyond care, every senior living community has its own unique feel and atmosphere, commitment to customer service, dedicated team members and offers person-centered choices providing activities and programs in which individuals can participate.

As you research, focus on communities that offer the level of care and services that your family member needs and set up tours with those communities. If you are unsure what level of care is right for your family, [WellAge Senior Living](#) is here to help you navigate the care journey so that you can make the best decision for your situation.

When visiting and touring different senior living communities, it is important to recognize how you and your family members feel throughout the tour of the community.

- Can your family member picture themselves living here?
- Are there any features or amenities that stand out?
- Are the residents and staff engaged, welcoming and smiling?
- Are the residents happy?

Answering questions like these can help narrow down your choices to find a place that your family member will be proud to call “home.”

At [WellAge Senior Living](#), we strive to set ourselves apart from other senior living communities. Our focus is on forming personal relationships with each individual, prioritizing their care needs and personal preferences above anything else. Our communities and team members provide a variety of quality care services and amenities that create an atmosphere of health, wellness, and quality living in their new home.



Question #2:

What is the Difference Between Assisted Living and Independent Living?

While assisted living and independent living are both encompassed under the senior living umbrella, they are two different levels of care. When looking for a senior living community, it is important to understand the differences in the levels of care that each community offers and what your family member needs.

Independent Living

Independent living is tailored towards active individuals who can maintain an independent lifestyle. Many individuals choose to move to a community that offers independent living in order to have more freedom through their retirement years.

Independent living is freedom. What you want, when you want it and how you want it. It is about personal choice. It is your bucket list. It is about flexibility and options.

Independent Living offers opportunities to meet new friends, and enjoy and participate in new hobbies or activities, without having to worry about the day-to-day maintenance or stress that can come with homeownership.

Assisted Living

While independence is still maintained, individuals in an assisted living community receive more hands-on care focused on [Activities of Daily Living, or ADLs](#). Activities of Daily Living (ADLs) may include assistance with bathing, dressing, medication management or transferring (moving from a bed to a wheelchair, chair, etc.).

Assisted living communities offer individuals the chance to live as independently as possible, with assistance and care available as needed. The goal of assisted living is to provide the appropriate level of care in order to improve the quality of life for each resident.

[WellAge Senior Living](#) offers a broad scale of care options that are designed to meet all levels of care needs. We create a care plan that is tailored to each person. At WellAge, we work with you along your wellness journey, whether care is temporary or long-term, we believe in personalized care that creates a life-enriching experience and cares for the whole person: mind, body, and spirit.

Question #3:

What If an Individual's Care Needs Change?

This is an important question to ask any senior living community that you are considering. As we age, new health conditions or issues may arise that can change the level of care an individual needs. For instance, your family member may move into an independent living community, but a change in mobility may require him or her to transition into assisted living.

Many senior living communities offer continuing care, which allow individuals to stay in the community but transition into a higher level of care. This is an important differentiating factor, as an individual will not need to move or leave a community where they have likely developed relationships and bonds.

[WellAge Senior Living](#) knows the benefit of continuing care and has communities that offer this. Our goal is to ensure the health and happiness of each individual that we serve, regardless of their care needs.



Question #4:

Are there Activities and Events Offered in the Senior Living Community?

Your family member's experience in a senior living community is significantly impacted by the activities, programs, and events that the community offers. Socialization and life enrichment activities are a large part of the wellness and person-centered choices.

“Several research studies have shown a strong correlation between social interaction and health and well-being among older adults ([National Institute on Aging](#)).”

[WellAge Senior Living](#) communities offer activities and events that are diverse enough to satisfy all interests or learn something new. Plus, we have the willingness and ingenuity to customize residents in engaging programming.

Keeping both the mind and body active is the best way to live a healthy lifestyle, so we focus on providing opportunities for both. Our life enrichment programs and activity options often change so that individuals can continue learning and to foster creativity to keep their minds stimulated and live a life that will never get boring!

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Question #5: What Dining Options are Available?

Dining in a senior living community is very important. Senior communities continue to look for ways to provide restaurant quality experiences with daily culinary dining choices. They know that the dining experience can be a deciding factor for many older adults.



According to [McKnight's Senior Living](#), **"...the expectations and tastes of the next generation are always changing. We know more about food than ever before; our palates have expanded to include creative and international cuisines, and we care more deeply about the quality and types of food we are putting into our bodies. As baby boomers start transitioning into senior living, their expectations are higher than they've ever been."**

Today, many communities provide restaurant-style meals served in unique dining venues that promote socialization and companionship among residents and staff.

Dining is one of the best experiences and is welcomed by residents because they are eating healthier and more diverse meals. The best part is that there is no clean up, no dishes to wash or food to put away. You just enjoy a great meal!

Are there Accommodations for Dietary Restrictions and Personal Preference?

Some individuals have dietary preferences or restrictions due to certain medical conditions, and most communities strive to accommodate these specific needs. However, when visiting a community, it is important to ask and ensure that your family members' dietary requirements will be met.

Lisa Esposito, a staff writer with [U.S. News](#), also advises asking a senior living community if individuals are able to eat when they want. "Some people prefer to eat outside routine schedules." What if your family member wants to sleep in, thus missing the "normal" breakfast time?

Dining services at our WellAge communities aim to accommodate all dietary restrictions and personal preferences. In addition, we want the individuals who call us "home" to feel at home and live their life on their own terms. This means not planning the day around predetermined mealtimes. [WellAge Senior Living](#) creates senior living designed to keep individuals independent and in charge of their preferred lifestyle choices. Sleep in. Eat when and whatever you want. You design your day, your way.

Question #6:

What are the Apartments in a Senior Living Community Like?

The individual apartment in which your family member will reside is a vital component to their overall living experience. Are the apartments private? Can these living spaces be personalized with items from home?

A common reason many older adults hesitate to move to a senior community is having to leave their home. A great way to help with this transition is to bring sentimental items from their home and use them to furnish or decorate their apartment in the community.

[AssistedLivingFacilities.org](https://www.assistedlivingfacilities.org) has created a general breakdown of what can and cannot be brought to a senior living community; however, it is important to ask the community itself to determine their policies.

Every community is different, and you and your family should get all of your questions answered to ensure you are finding your family member the perfect place to call “home.”

[WellAge Senior Living](#) is dedicated to providing quality care that allows individuals to live an enriched life full of choice, wholeness, and wellness. We are all about continuing life’s experiences through meaningful living.

WellAge
SENIOR LIVING



[Contact WellAge to learn more](#) about our services, community, and care.