




TOP 10 REASONS to Move into a Senior Living Community Now (Rather Than Wait Until Later)



It's a big decision: move into a senior living community now or age in place. There's no right answer except for the answer that's right for you and your loved one. One thing is for certain: delaying the move can be detrimental to your loved one's health and well-being—particularly if they're forced by circumstances to make a rushed decision later.

HERE ARE 10 REASONS WHY YOUR LOVED ONE SHOULD EXPERIENCE SENIOR LIVING NOW!

- 1. Give up a high-maintenance life.** Your loved one has worked long and hard to continue working too long and too hard! A senior living community offers the opportunity to truly live a joyful life—without the worry of doing it all.
- 2. Put safety and security first.** Home modifications for safely aging in place can be disruptive, time-consuming, and costly. A senior living community has all the required safety features in place before your loved one arrives. Plus, there's always someone there to help them feel safe and secure.
- 3. Get three hots (and a cot).** Nutrition is critical as we age yet most seniors often don't get the nutrition they need, either because they don't want to cook or don't enjoy cooking for themselves. A senior living community offers healthful meals and snacks, prepared by a nutritionist or dietician, with options for dining out on the town.
- 4. Make their own decision.** Waiting until you're forced to make a decision takes away your loved one's right to be thoughtful in how they live out the rest of their life. A senior living community offers multiple choices—from where your loved one lives to how they live—and allows your loved one to put their own stake in the ground.
- 5. Learn something new.** Sometimes the hum-drum of life can take its toll. There's no time like the present to take up a new skill, a fun hobby, or a fresh perspective. A senior living community puts your loved one in a place to re-discover hidden talents and learn something new – to find explore old and new passions!

6. **Stay healthy (and wise).** Sometimes it's hard to get motivated when your loved one is alone, let alone get the exercise they need. A senior living community provides a chance to get and stay active with classes, fitness equipment—even full-scale fitness centers.
7. **Get social.** As your loved one ages, their circle of friends can shrink. A senior living community helps your loved one to expand their social circle, enabling them to engage and make new friends through scheduled social events and activities.
8. **Make it personal.** Sometimes your loved one needs help with personal care activities, or what we call activities of daily living, such as bathing or getting dressed. At a senior living community, trained staff can assist your loved one with everyday life.
9. **Pave the way for a smooth transition.** Relocation stress syndrome is a real thing for older adults moving directly from their homes into a nursing home and can provoke symptoms of anxiety, confusion, hopelessness, and loneliness. Giving your loved one the gift of making their own choice now instead of being forced to choose later can help reduce those stress symptoms.
10. **Live your best life.** Getting older can sometimes feel like the world is getting smaller and less full. Today's senior living communities are designed to help your loved one live their best life by infusing joy into everything they do.

Don't wait for your loved one to say: "I should've done this a long time ago!" Take steps now to avoid the heartache later.



Astral AT AUBURN

1675 W. 7th St., Auburn, IN 46706
www.astralatauburn.com
260 • 247 • 6632

