

## The Benefits Of Senior Living Communities

(NAPSA)—Those who believe that retirement should involve more than chores, home maintenance and yard work can often be found enjoying cultural or educational activities at an independent living community.

Such communities typically offer well-kept grounds, spacious attractive floor plans, and comfortable dining rooms where residents can enjoy fine dining experiences with a varied menu.

When it comes to programs, residents can often pursue a wide range of interests, such as art classes, pet therapy, walking club, rosary, meditation, yoga, team trivia and bridge club.

“The quality of our life span can be measurably affected and improved by the effort we put forth to keep our bodies and our minds healthy and in sync with one another,” said Brookdale Chief Medical Officer Kevin O’Neil, M.D. “Physical activities like walking, aerobics and strength training, and mental activities like team trivia, current events and chess, are commonly offered at senior living communities. These activities help maintain a fit body and a sharp mind, which can add life to your years.”

Often, independent living communities will also offer a range of services on-site to assist those with medical or social issues.

When care needs change, a senior may consider moving to assisted living. This type of community is designed for those who need some help in their daily lives but don’t require the advanced medical care provided in a skilled nursing environment.

When you think that a loved one may no longer be able to live without assistance, here are some tips to start a conversation about assisted living from the experts at Brookdale Senior Living:



**To help start a conversation with your loved one about assisted living housing options, focus on the retirement community’s social and educational opportunities.**

**Do research:** Having in hand information and facts about a few local assisted living communities can help you present the case factually.

**Keep it private:** Your initial conversation should be held in a comfortable private setting with a limited number of individuals. This low-key approach may help the person feel more open to hearing about a possible assisted living move.

**Focus on the positives:** You may want to talk about the services, the social opportunities and the security.

### Making A Choice

When it comes time to actually select a community, here are some factors to consider:

- Does it offer a warm, home-like atmosphere and appealing outings and activities?
- How does the community meet health needs?
- Does the community meet all state and local licensing requirements?

Brookdale is the nation’s largest owner and operator of senior living communities throughout the United States.

Learn more at [www.brookdaleliving.com](http://www.brookdaleliving.com).