

The Big Decision - Living at Home or Assisted Living?

Retirement is changing. We're living longer but the retirement age hasn't changed, resulting in a two-part retirement. During the first retirement we're done working. As we continue to age, focus shifts more to safety and health as we enter 2nd Retirement. We want to continue living in our homes; however, it's not always the best option. Assisted Living can help.

Living At Home

11.3 Million seniors live alone in their homes.

[A recent study shows loneliness increases the odds of developing dementia by 64%.](#)

Unintentionally Unhealthy

Malnutrition and missing medication are major concerns among families with seniors living at home.

[Cooking healthy meals consistently is a major issue for those over 65.](#)

Struggles with Daily Tasks

For those over 65, falls are the most common reason for hospital trauma admissions and the most common cause of injuries resulting in death.

[1 in 3 adults over 65 fall each year.](#)

Impact on Family

It can be difficult to take care of elderly parents and juggle all other aspects of day-to-day life.

[55% of seniors living at home said they felt too afraid to walk outside at night when living alone.](#)

Assisted Living

Social interaction, activities and hobbies are significant factors in a person's quality of life.

[94% of Assisted Living residents say they are happy with the overall quality of their life.](#)

Supports Healthy Living

Assisted Living offers nutritious foods and can help with daily living tasks such as medication management.

[90% of Assisted Living residents say they are satisfied with the overall quality of care they receive.](#)

Daily Task Help

Assisted Living communities provide for support with daily living tasks.

[93% of Assisted Living residents say they are satisfied with the level of personal attention paid to them by staff.](#)

Peace of Mind for Family

Assisted Living communities provide safety

[99% of Assisted Living residents report feeling completely safe.](#)

Retirement will continue to change. Learning about available transition options can help make each phase more enjoyable.

http://www.aoa.gov/Aging_Statistics/Profile/2011/docs/2011profile.pdf

<http://www.alfa.org>

<http://www.1.umn.edu/humanrts/edumat/hreduseries/tb1b/Section2/activity6h1.html>

<http://www.businesswire.com/news/home/20130724006009/en>

<http://www.seniorhousingnet.com>

<http://www.cdc.gov/homeandrecrreationalssafety/falls/adultfalls/html>

http://www.juneauempire.com/local/2012-02-24/report-older-drivers-involved-high-share-deadly-crashes#.Ua6P_KWD6K5

<http://www.census.gov/population/socdemo/statb>

http://www.hcplive.com/conferences/aafp_2010/How-Many-Pills-Do-Your-Elderly-Patients-Take-Each-Day