

# Living at Home

# VS.

# Senior Living

As we get older, maintaining both our home and our lifestyle becomes more challenging. Consider how senior living offers a positive way to manage these challenges and live more independently.

Isolation from friends. Fewer opportunities to socialize and stay involved in outside interests.

## Social Life



The warm company of neighbors. Engaging social, cultural and educational events to participate in every day.

Reliance on others' availability to get where you need and want to go.

## Transportation



Scheduled car or bus service always available for local appointments, errands and outings.

Eating alone. Prepackaged meals. Difficulty following special dietary requirements.

## Dining



Dining with neighbors. Plenty of freshly prepared menu options presented with table service. Accommodations for many special dietary needs.

The time and energy-consuming burden of cleaning, laundry and maintenance.

## Housekeeping



Housekeeping, linen service and maintenance provided by a professional staff.

Anxiety about if/when help will be available in case of an emergency.

## Emergency Assistance



Alert system in each apartment. Immediate help available from 24-hour on-site staff.

Limited access to fitness programs and equipment. Lack of motivation.

## Exercise & Physical Activity



Daily on-site opportunities to improve mobility, strength and overall wellness. Friends to offer encouragement.

Increased dependence on family and outside help for routine activities. Feeling like a "bother".

## Independence



Discreet support provided by familiar, caring, well-trained staff as needed. Being more independent.



**OMEGA**  
Senior Living

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managed by Omega Senior Living