

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.

## LIVING AT HOME

# VS

## SENIOR LIVING

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

### SOCIAL LIFE

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

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

### TRANSPORTATION

Scheduled transport service available for local appointments, errands and outings.

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

### DINING

Dining with friends. Fresh menu options offered with table service. Accommodations for many dietary needs.

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

### HOME MAINTENANCE

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.

### PHYSICAL ACTIVITY

Daily on-site opportunities to improve mobility, strength and wellness.

Feeling like a bother caused by increased dependence on family and outside help for assistance.

### INDEPENDENCE

Encouraged Independence. Discreet support provided by caring, trained staff as needed.

We've helped hundreds of families challenged with making this decision find the answer they need. Even if we are not the best answer for your family, we can advise you about other appropriate options to consider. Contact us today to arrange a personal appointment.

The  
**Hearth**

Premier Senior Living & Memory Care

[www.thehearth.net](http://www.thehearth.net)