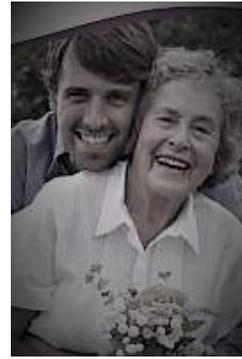


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Senior Housing Options

Senior housing is categorized by the level of care available to residents. At one end of the spectrum, there are communities that offer little or no care; at the other, facilities that provide continuous care. Between those extremes are a wide range of housing choices that can meet changing needs.

Trying to get up to speed on all the new housing options? Jim as an SRES® designee can offer insight on creative new options, such as intentional retirement homes and communities and co-housing environments, as well as more traditional housing choices, including:

- **Independent Living:** Condos, townhouses and single-family homes that are smaller and more maintenance free than large family properties are frequently people's first choice, especially if they're healthy and active.
- **Active Adult Retirement Homes and Communities:** Active adult retirement homes and communities aim to service the interests of active adults over the age of 55. Housing types often include condos, townhouses and single-family properties, and all are designed with an eye toward delivering a maintenance-free lifestyle for residents. Such communities offer a vast array of on-site activities, including exercise, social clubs, art instruction and lecture series.

If you're looking for more hands-on care or anticipate needing such care in the future, Jim as an SRES® designee can make expert referrals and discuss options, including:

- **Assisted Living Retirement Homes and Communities:** Residents live in their own apartments, but have the benefit of an on-site staff, meal service in communal dining spaces, and planned activities and outings. Some assisted living communities also offer access to nurses and daily living assistance. Others may offer more extensive medical and personal services.
- **Adult Family Retirement Homes:** Such properties are licensed to care for up to six residents in a home setting. Services typically include meals and housing maintenance and attending to residents' safety and care. Facilities may specialize in addressing specific health concerns and provide care and an environment tailored to those conditions.
- **Alzheimer's and Dementia Care:** Facilities specialize in caring for patients with dementia and Alzheimer's disease offer programs that address residents' needs and provide an environment where they can live safely. Housing services typically include personal care, such as bathing and dressing and administering medicine, along with dining and housekeeping. In addition, many buildings incorporate over 50 design features, such as safe wandering paths and color-coded areas to help with way finding. Such designs provide comfort and ease residents' anxiety.
- **Continuing Care Retirement Living Communities:** A Continuing Care Retirement Living Community offer progressive levels of assistance, depending on a person's needs. They include independent and assisted living and nursing care.
- **Weighing Housing Options**

Choosing the appropriate senior living arrangement is challenging, not only because it entails an emotional dimension, but also because of the complex issues you need to weigh, such as cost, location, services, amenities, activities, and current and future care needs.

