

Why Choose Assisted Living?

FINDING THE RIGHT CARE FOR YOU OR YOUR FAMILY



LAKESHORE
SENIOR LIVING



A lot of factors go into the senior living decision. For example, care and health needs, lifestyle goals, personal preferences, safety, and more, impact the level of care a person needs and the community they choose.

Our team at [Lakeshore Senior Living](#) wants to help ease the decision-making process. Offering compassionate, person-centered assisted living care in Guntersville, Alabama, we are dedicated to helping you and your family navigate every step of your senior living journey.

This resource highlights assisted living care, including:

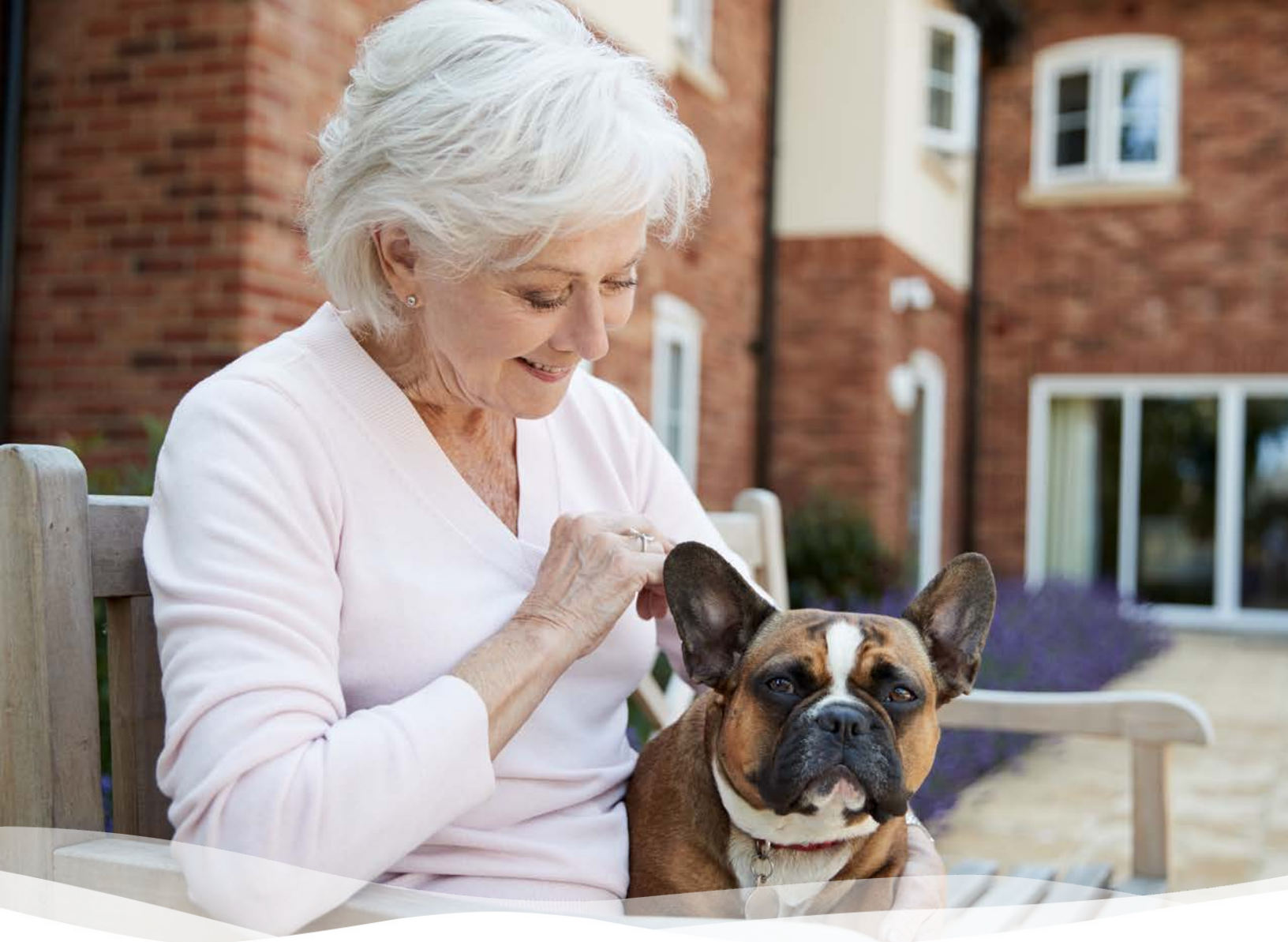
- 📌 What is Assisted Living?
- 📌 The Benefits of Choosing Assisted Living
- 📌 Knowing When It's Time for Assisted Living
- 📌 Tips for Easing the Transition

We hope this guide provides you with the knowledge and information you need to make a confident decision for yourself or someone you love.





What is Assisted Living?



To truly understand the benefits of assisted living, it is important to understand what assisted living is - and what it isn't. According to [HelpGuide](#), "assisted living is a residential option for older adults who need help with some of the activities of daily living."

This lifestyle option is ideal for individuals who need assistance with their daily routine but wish to maintain as much of their independence as possible.

Assisted living communities are not nursing homes, though many people think of them as the same. Assisted living communities provide a more social lifestyle for individuals who are generally active but need help with everyday tasks. On the other hand, nursing homes provide long-term medical care for those with serious health issues that require medical attention.



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The Benefits of Choosing Assisted Living



Enhance Independence

We all want to stay independent as long as we can, but occasionally, we all need a little help.

[Assisted living services](#) are designed for individuals who want to maintain their independence but need or want support with daily tasks.

While a common misconception is that assisted living takes away your control, this could not be further from the truth. By living in an assisted living community, individuals benefit from receiving care and support only when it's needed.

In addition, because residents get the care they need with daily tasks and no longer have to worry about home maintenance responsibilities, they have more free time to pursue interests and explore life enrichment opportunities.



Less Responsibility to Stress About

When you move into a senior living community, you are letting go of all the home maintenance responsibilities!

Home maintenance and household chores require a great deal of time and energy. Mowing the lawn, cleaning the house, or performing home repairs takes time away from the activities you enjoy. Assisted living communities take care of these tasks, allowing you to focus on your interests and hobbies.



Privacy in a Community Environment

This benefit is two in one! A common concern that individuals have when considering assisted living is that they will lose their privacy. However, for some, living in a private residence can lead to social isolation and feelings of loneliness.

We all know that [socialization is important](#) for our overall health and wellness. So how do you balance a desire for privacy while also giving yourself plenty of opportunities to connect and engage with friends, family, and peers? The answer is assisted living.

Assisted living communities offer a communal setting where residents can form meaningful connections and stay socially engaged. For example, at Lakeshore Senior Living, our Gunterville assisted living community cultivates a close-knit, welcoming atmosphere that offers [engaging programs](#) focused on the six dimensions of wellness to encourage connectedness.

As for privacy, we offer multiple [floor plan options](#) (some with beautiful views of Lake Gunterville!), allowing individuals to find the space that best suits their needs and preferences.





Access to Nutritious Meals & Dining

Assisted living communities are designed to promote healthy aging. Meals and dining options focus on nutritious and delicious menu items. In addition, the dining experience offers connection and socialization as residents can enjoy a meal or coffee with neighbors, friends, and guests they have more free time to pursue interests and explore life enrichment opportunities.



Increased Safety and Peace of Mind

You never know when you may need assistance. But, unfortunately, when you live in a private residence, help may not always be available. Fortunately, assisted living communities offer around-the-clock access to care to ensure support is there when you need it.

Even if you do not need care or support, assisted living can give you and your family peace of mind knowing someone will always be available.

A photograph of an older man and a young child fishing together by a body of water. The man, wearing a denim jacket and jeans, is holding a fishing rod. The child, wearing a blue puffer jacket and a striped beanie, is looking at the rod. The background shows a calm lake with reeds in the foreground. The image has a blue overlay.

Knowing When It's Time
for Assisted Living



Your Health Needs Are Changing

According to the [National Council on Aging](#), “approximately 80% of older adults have at least one chronic disease, and 77% have at least two.” Whether you currently live with a chronic medical condition or not, your risk of developing one increases with age.

Additionally, as a chronic condition progresses (depending on what it is), it can become more challenging to care for yourself and maintain other responsibilities in your life, such as your home. Managing health concerns, a house, and more, can be a lot, so it is important to be honest with yourself and accept that you may need additional support and care.

You know yourself better than anyone, and your doctor has a deeper understanding of your medical needs and history. Speak to your physician about whether they think assisted senior living could be a good option for you.



You Feel Lonely or Isolated

Offering benefits such as reduced stress levels, improved cognitive functioning, and boosted self-esteem, connecting with others is crucial to our well-being and provides us with a sense of purpose. However, if you live in a private residence and find yourself becoming more socially isolated or feeling more alone, it may be time to consider an assisted living community.

At [Lakeshore Senior Living](#), our charming community offers engaging activities and endless opportunities for residents to connect in meaningful and convenient ways.

Some of these opportunities include:

- 🏠 Common areas with billiards & poker tables
- 🏠 Cooking demonstrations
- 🏠 Fitness and exercise room
- 🏠 Engaging planned activities & events
- 🏠 Large courtyards with fountains and sitting areas
- 🏠 Pub area featuring light snacks & beverages



You Need Help with the Activities of Daily Living

We all have “lazy” days. Maybe we spend the day in our pajamas because it’s raining, or we don’t feel the need to shower and get ready for the day since we have nowhere to be. However, there is a difference between not doing these things because you don’t want to and not doing them because they are too difficult for you to do on your own.

If you find yourself neglecting these needs because they are becoming too difficult for you or they take up too much of your time, this is a sign it’s time to consider assisted living. By doing so, you will receive personalized care and support catered to your needs to help you maintain and enhance your independence.





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Tips for Easing the Transition



Select the Right Community

First and foremost, you have to find the right community. This may seem obvious, but some may believe that all senior living communities are the same - but that's not true.

Today's senior living communities offer a wide variety of services and amenities that cater to different lifestyles and care needs, making it important for you to be particular when you select a community for yourself or someone you love.

You want to find an assisted living community that provides the personalized care and support you or your family member needs. Beyond care, you want to look for a community that offers engaging activities and amenities that align with interests and desired lifestyle.



Sort and Pack Your Belongings

Once you have found the perfect community, the next step is the moving process. The size of the current home will determine how much downsizing you will have to do before moving into your new assisted senior living community.

To be mindful of space in your new home, focus on only packing items that are necessary or hold a substantial sentimental value. It is helpful to work with the community and discuss items they recommend bringing. Ask questions like if the apartment comes furnished, if your family member is allowed to hang pictures, etc.

A good way to approach the sorting and packing process is by going room by room in your current home, eliminating any rooms you will not have in your new space.

Going through a home can be time-consuming and emotional for you and your loved one. Remember to be patient and give yourself plenty of time before moving day to avoid unnecessary stress.



Get Involved in the Community

One of the best ways to get familiar with a new environment is to jump in and participate. As moving day approaches, visit the community and engage with current residents and team members.

Participate in community activities, join residents for a meal, or stroll through the community. Doing so will make you more familiar with your new home before you move in, allowing you to feel more comfortable on moving day.

Even after the move, continue to connect with others and engage in community activities and events. This will only accelerate how quickly your new community feels like home.

Now may be the perfect time for you or someone you love to consider moving to an assisted living community! **We invite you to contact Lakeshore Senior Living to learn more about our beautiful senior living community in Guntersville, Alabama.**



Discover what it's like Living at Lakeshore



LivingAtLakeshore.com



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