The Advantage of Choosing a Long Term Care Facility by Life Bridge

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Senior communities have changed significantly over the last couple of decades and if you havenâ€™t visited a nursing facility in a while, you may have some misconceptions. For many, nursing homes may bring up some bad memories or conjure up images of a sterile, white walled, overcrowded institutional setting complete with 1950â€™s metal hospital beds. Senior communities today range from cozy and homelike to the posh luxury of a high-end hotel, and they definitely donâ€™t feel institutional. Many seniors who have moved to independent living or assisted living communities report that they prefer their new life.

It is often a hard decision for seniors and their family to make for the senior to transition from living on their own to an independent living, assisted living, or nursing facility. It is important to analyze the needs of the senior to see which option would best benefit the seniorâ€™s quality of life. Here are some benefits to choosing a long term care facility.

Yard Work

Keeping up a home is hard, especially for those of us who have developed physical ailments. Mowing the lawn, climbing a ladder to change light bulbs, shoveling snow, pulling weeds, vacuuming- these become things of the past. But donâ€™t worry green thumbs, some residents in independent or assisted living facilities are able to keep up small gardens.

Emotional Health

Keeping the mind busy is so important for both the seniorâ€™s mental and physical health. Often seniors who reside at home seem to isolate themselves from others either due to the inability to drive or the decrease in family and friends due to the aging process. Residents need never be bored at a senior community or nursing facility. Thereâ€™s something for everyone. All kinds of entertainment and activities are offered, both on-site and out in the local community. Entertainment can range from visiting musicians and performers, church activities on Sunday, game play, movie nights, and special activities to keep the senior active and socializing with others.

Family Relationships

Seniors frequently become dependent on their grown children, or other close family members, for help of all kinds. Unnatural role reversals can strain relationships and foster unhealthy feelings of resentment, both by parents and their children. When choosing a nursing facility Younger family members are liberated from the role of full-time caregivers, and are able to assure that time with their older loved one is meaningful and high-quality. Senior residents are glad to return to the role of family matriarch or patriarch and often pleased that their grown children no longer have to â€œparent the parentâ€• which creates for a better family relationship for all involved.

Diet

Many seniors who live alone do not eat right when living alone, either by skipping meals, or solely eating non-nutritional foods that are not part of a full balanced diet. This can really expedite the deterioration of health for an aging senior. At senior living communities and nursing facilities, residents donâ€™t have to worry about grocery shopping, meal preparation, or even coffee brewing. Instead, they get to enjoy a fine dining experience every day of the week. The food tastes good and alternative meals are provided for special dietary needs. The residentâ€™s dietary health is also

monitored by a medical team. It is common for new residents, who had been eating poorly before they moved-in, to experience breathtaking improvements in their health and well-being just from three square meals per day.

Transportation

Driving can be a tense and stressful as we age, and our driving abilities may not be what they once were either. For these reasons, most residents prefer to take advantage of the free transportation thatâ€™s provided by independent and assisted living communities. At nursing facilities they have doctors on staff or provide transportation for the seniors to the doctor. Thereâ€™s no need to rely on a car any longer, although parking is available at some independent facilities for residents who still drive.

Friendship

Older adults whom live alone, often tend to become isolated, which is unhealthy at any age. At senior communities and nursing facilities residents can make friends, share a meal, and enjoy festive occasions with one another. For the more introverted resident, their privacy is respected but they have resources on hand if they choose to socialize.

Safety

Very often, safety becomes a large concern in the lives seniors and their families. Living alone, families worry about something happening to their love one and no one being there to assist them. What if someone broke in or tried to take advantage of their loved one. By choosing a nursing facility or long term living facility residents and their families can enjoy the peace of mind that comes from knowing there are emergency response systems that are in each apartment or room, or sometimes on the residentâ€™s person as a pendant. This alleviates fears about falling and becoming trapped for hours or even days, a scenario thatâ€™s all too common for seniors residing alone.

Certainly, there are seniors who live alone and are just fine. Indeed, senior communities and nursing facilities arenâ€™t for everyone. But itâ€™s without a doubt that there are vast numbers of seniors living alone in unsafe or unhealthy situations who would benefit immensely from life at a long term care facility. It is important to speak with your loved one and family to find what is best for your situation.

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LifeBridge Benefits offers seniors a distinct, creative opportunity, Long-term care facilities include a long term care facility, long term care benefits, death benefits, life settlement, nursing homes, policy exchange, conversion policy and a insurance conversion.

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