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Assisted living for the elderly is the form of care provided for senior citizens in dedicated facilities whereby the residents retain as much of their independence as is possible. The residents also enjoy much peace of mind in the knowledge that all the aspects of personal care and support services which they might need can be availed anytime. More and more people are embracing assisted living as a way of making their lives easier and enjoyable especially after retirement.

Assisted living Oakland services have become popular with a huge number of elderly residents living in this part of the San Francisco Bay area. Oakland is located in Alameda county and currently about 11% of its population is above the age of 65.

Oakland City enjoys mild weather throughout the year and this coupled with the beautiful surrounding scenery have contributed to the popularity of this region especially for real estate industry. The increased settlement in the city has also necessitated the putting up of elderly residential homes so as to cater for the needs of this segment of the population. Although the average Oakland population above 65 is slightly below the national average, it is expected that the number of seniors in the city will increase in the coming years and hence the need to put up assisted living facilities to cater for the predicted increased demand. This revelation has led to increased investment in assisted living Oakland facilities.

The basic idea behind the putting up of assisted living facilities is to provide assistance and care for the elderly or other members of the society who may need supervision/assistance in carrying out their daily activities. All this is achieved without denying residents their privacy and independence as they have individual homes which are all connected and monitored from a central point. Monitoring is done in order to ensure the sustained proper health, safety and well being of the residents. Assisted living Oakland facilities provide trained staff assistance in the form of medication supervision and personal healthcare services to ensure that the elderly remain happy, healthy, and well taken care of.

Assisted living Oakland facilities range from standalone residences to one level of care in a continuing care retirement community (CCRC). Oakland has become a choice location for assisted living facilities because seniors get to enjoy the many cultural, retail and service opportunities that California has to offer without the complexity of city life. The vibrant real estate industry in California has also resulted in affordable homes which are especially welcome for the elderly who have limited sources of income.

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