

Staying at Home



VS

during COVID

Moving to Assisted Living

STAYING AT HOME



Social isolation and loneliness increases the odds of developing depression.



Difficulty with everyday tasks and reliance upon the help of others increases exposure to the virus.



Cooking for one and eating alone can lead to poor nutrition and reliance on unhealthy foods.



Reliance on others to help with grooming, bathing and medications feels like loss of independence.



Anxiety and fear about whether help will arrive after falls or emergencies.



ASSISTED LIVING COMMUNITY

Social interaction, activities and hobbies continue with modification.



Housekeeping, laundry and maintenance are done by safety-trained staff, making for a stress-free experience.



Nutritious, quality foods are served in the dining room with social distancing or in-room dining.



Individualized plans give freedom of choice in daily living.



Immediate help available with 24/7 staff. Safety a top priority.

