










**INSPIRIT**  
SENIOR LIVING

# LIFESTYLE COMPARISON

As we get older, maintaining both our home and our lifestyle becomes more challenging. Consider how senior living offers a positive way to manage these challenges and live more independent.

	LIVING AT HOME		SENIOR LIVING	
	<b>SOCIALIZATION</b>	Isolation from friends with fewer opportunities to socialize and stay involved in outside interests.	<b>VS</b>	The warm company of neighbors. Engaging social, cultural and educational events every day.
	<b>TRANSPORTATION</b>	Reliance on the availability of others to get where you need and want to go.	<b>VS</b>	Scheduled transportation service available for local appointments, errands, and outings.
	<b>DINING</b>	Eating alone. Prepackaged meals. Difficulty following special dietary requirements.	<b>VS</b>	Dining with friends. Fresh menu options. Accommodations for many dietary needs.
	<b>HOME MAINTENANCE</b>	The time and energy consuming burden of cleaning, laundry, and maintenance.	<b>VS</b>	Housekeeping, linen service and maintenance provided by a professional staff.
	<b>MEDICAL EMERGENCY</b>	Anxiety about if or when help will be available in case of an emergency.	<b>VS</b>	Alert system in each apartment. Immediate help available from 24-hour on-site staff.
	<b>PHYSICAL ACTIVITY</b>	Limited access to fitness programs and equipment. Lack of motivation.	<b>VS</b>	Daily on-site opportunities to improve mobility, strength, and wellness
	<b>INDEPENDENCE</b>	Dependence on family and outside help for assistance. Lack of pride.	<b>VS</b>	Encouraged independence. Discreet support provided by caring, trained staff as needed.