

# Senior living communities

*Ideal places for enjoying retirement*



Moving into a senior living community can be a big transition, but it's a choice that many seniors are glad they made. Could moving to a [senior living community](#) be a good choice for you? Answer these three questions to find out.

## **Do you ever feel lonely or isolated?**

According to research by the [AARP Foundation](#), nearly 1 in 5 Americans age 65 and older are socially isolated. The organization's research suggests that social isolation has reached epidemic levels, affecting more than 8 million age-50-plus adults. And, as some 10,000 Americans turn 65 every day, the problem is likely to expand quickly.

Avoiding social isolation is critical to long-term good health – both physical and mental. In fact, the AARP reports that social isolation has been “linked to higher blood pressure, greater susceptibility to the flu and other infectious diseases, and earlier onset of dementia.”

Despite the worrisome connection between social isolation and mental and physical health, there is an easy solution – building social connections. While connecting with peers can be next to impossible for seniors who live alone and are not able to drive, independent living within a senior community makes forming connections much easier.

### **Do you want to continue participating in hobbies and activities?**

Most senior living retirement communities host [regular activities and outings](#), and you can choose to be as involved as you like. These activities, as well as entertainment, social gatherings, worship services, and other social opportunities, enable seniors to make new friends and enjoy the company of others. In addition, you may be able to continue many or all your favorite hobbies, including outdoor activities such as gardening, hiking, and fishing. In fact, retirement is the perfect time to rekindle your passions or take the time to enjoy the activities you always wanted to do.

### **Do you worry you'll be unable to care for yourself?**

Over time, or possibly from injury, seniors' mobility and range of motion diminish, making some essential daily activities difficult to complete. For seniors who live alone, addressing these issues effectively can be challenging and costly. However, [independent living spaces within senior communities](#) are often designed with senior needs in mind, so they more easily accommodate these common ailments. In addition, seniors are more likely to have access to support within a life plan community, so issues with daily activities can quickly be addressed before they escalate into serious health conditions.

Finally, if health needs change, and a transition to assisted living or skilled nursing becomes necessary, [comprehensive life plan communities](#) should be equipped to

provide the full range of care within their facilities, so change is minimized and transitions are manageable.

If you answered yes to any of these questions, you may want to consider a [comprehensive life plan community](#) that is uniquely qualified to continue meeting your needs as you age.

Of course, finding the right community for you or your loved ones is critical to ensuring satisfaction. [Aldersgate Village](#) in Topeka, Kansas, provides numerous activities and other opportunities for social interaction and offers every level of care for seniors. Contact us today at 785-478-9440, or browse our [senior living options](#) to see if our community is the right choice for your family.