

## Loss of Independence? Not at all!



One of the biggest fears about aging is a loss of independence. All human beings value autonomy and the ability to make our own decisions. Just ask the parents of any two year old. This is basic human nature.

Making a move to a retirement community can be a little frightening to some people for this reason. They equate it with a loss of control and becoming dependent. In fact, nothing could be further from the truth. The paradox is that in depending on the services provided in the community, a senior actually gains independence.

While moving is a major decision, especially when facing the sale of a home and downsizing, once past that obstacle, the vast majority of seniors who make the move to independent living find they have an enriched life. Many wish they had made the move much sooner.

Some of the major advantages of moving to a retirement community include:

- Social interaction on a daily basis. It is easy to become isolated when living alone. Having the company of other people right outside your door or in your neighborhood is a major advantage
- Delectable, health meals--no cooking required.
- Home maintenance is taken care of. No more shoveling snow, pulling weeds, hiring repairmen or worrying about replacing furnaces and hot water heaters.
- Transportation to local shopping and doctor offices. This increases independence for those who can't or no longer wish to drive.
- Opportunities to learn new skills and take on new challenges. This is perhaps the biggest and often unexpected advantage of retirement community living. Many people find new interests, surprising themselves and their families with new adventures, new learning and new creativity.
- Security – Most retirement communities have 24 hour security, many with someone onsite 24 hours per day to give residents a feeling of security.

The availability of the supportive services at a Continuing Care Retirement Community (CCRC) can provide the means to freedom and decreased dependence on family. At WindsorMeade, our philosophy is: It's Your Life. Live it. The choices are yours and the

options for a fantastic lifestyle are endless.