



United Methodist Communities

Abundant Life for Seniors

I Should Have Done This Sooner

WHY DO RESIDENTS SAY, “I SHOULD HAVE DONE THIS SOONER”?

We often hear residents say, “I should have done this sooner”. That’s the dichotomy of senior living in one sentence. It’s something people don’t understand or think they want, yet once they experience the joy it brings it’s a move they wish they had made sooner. Many people believe that this is something they need once their health starts to decline, but this way of thinking keeps people from discovering a lifestyle that can lead to a longer, healthier life.

Waiting until you have to move into senior living means that you are more than likely make a decision without the time to do the proper research. Moving sooner rather than later means you control the decision...it doesn’t control you. The truth is the best time to move to a senior living community is when you’re healthy enough to enjoy the lifestyle. Here are the reasons so many residents say, “I should have done this sooner.”

1. Yes, you gain independence

You no longer have to worry about keeping up with housework, figuring out what you need from the grocery store, or worry about an upcoming snowstorm. Instead of being home alone you are in a vibrant community with opportunities for connection and engagement. You are in control of how you choose to spend your time. Senior living can help you rediscover purpose as you age. From enjoying hobbies and learning new things to volunteering and making new friends, the possibilities are endless. It sounds counterintuitive, but many people find that they have more independence and freedom in senior living than they did living at home.



2. Focus on your health and holistic wellness

Senior living communities offer opportunities to help you remain healthy and active such as fitness centers and group exercise classes. Many residents who haven’t exercised in years love these amenities, designed specifically for older adults, and participate regularly. Opportunities for holistic wellness are found through a plethora of programs that encourage curiosity, provide spiritual fulfillment, enhance emotional well-being, bring volunteer opportunities, and foster social engagement. You are able to focus on your physical and mental health with the wealth of resources available.

3. Opportunities for connections

Living alone at home can be comfortable, but the effects of social isolation are real. According to the Global Council on Brain Health, scientific evidence suggests social engagement can help maintain thinking skills and slow cognitive decline. Other studies link an active social life with better cardiovascular outcomes and greater immunity to infectious disease, among other health benefits.

4. Enjoy a maintenance-free lifestyle

Life in a senior community allows you to leave behind the endless to-do lists and worries about home maintenance and enjoy more freedom and time to do the things you enjoy. These communities include maintenance, housekeeping, 24-hour security, and meals. Plus, if you want to leave for a few days or weeks you just lock the door and go with peace of mind knowing your home is taken care of.

5. Make new friends and build your support network

There are always things to do in a senior community and friends to do them with. Enjoying a meal, having coffee, going for a walk, or participating a group discussion is right outside your door. And if you don't want to participate that's fine too. Your privacy is respected.

6. Your schedule is your own

Senior living communities are designed for you to live your life the way you choose in an environment that supports your freedom and independence. Amenities and services are designed to make your life easier. Do what you what you want to do when you want to do it. The choice is always yours.

7. Live in a building designed for your needs with 24/7 security

Your safety and security are of the utmost importance. Senior living communities typically include a variety of features designed to make your environment easy to live in and navigate, reducing the risk of falls or other accidents. You'll also find built-in security systems, personnel on duty 24/7, and a personal alert system that will enable you to summon help if you need it.



8. Cherish your peace-of-mind

Look for senior living communities that include a continuum of care, meaning it's possible for you to stay in your community regardless of your health needs. This way you won't be worried about looking for care should you need it.

Give yourself the gift of aging well. Senior living communities make it easy for residents to live a life focused on holistic wellness. You aren't losing your independence...you are gaining freedom from worry. Everything on these campuses is designed to help you live your best life. Invest in your future and give yourself and your family peace-of-mind.

That's why residents "wish they had done this sooner".

You don't lose independence... you still live with personal independence and make decisions for yourself.

You have a greater opportunity to take care of your physical and mental health with the wealth of resources available.

And you remain closely connected to your family and have the opportunity to build new connections.