

## WHAT IS SENIOR LIVING?

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*Senior living means the housing arrangement and services designed specially to meet the need of senior citizens (or elderly people). It can be of three types:*

*(a) Independent Living*

*(b) Assisted Living*

*(c) Palliative Care Home*

### **Independent Living**

*Independent living is the simplest form of senior living. In simplest words it is a housing arrangement designed exclusively for senior citizens, where the houses are more compact with better navigation and a hassle-free set up.* Though it is called independent living, the senior citizens in these communities choose a retired apartment for giving his immediate family a complete retirement from the hassles of everyday life, and hence he chooses to opt for most of the community's amenities, activities and services.

With the concept of independent living, the residents are given an opportunity to live and participate in activities of the community with like-minded people who also are in their silver years. Independent living with its edge of offering high levels of assistance offered for daily living activities of having round-the-clock help availability with everyday activities, medical assistance and other senior based requirements, is a more preferred option for retired living for those who need no or little assistance but wish to relish their retired lives.

### **Assisted Living**

*Assisted living is the senior living with long term care option.* It is a blend of housing, services and need-based health care, designed for senior citizens who require assistance with everyday activities including assisted living, meals, medication management or assistance, and activities of daily living that include dressing, bathing and in-house transportation. In today's world, assisted living facilities provide the apt care that the senior citizens need to relish and relax in their silver years.

The services typically extend to 24×7 security, house-keeping and maintenance, laundry, yoga, meditation and a geriatric gym with a dedicated trainer, etc.

### **Palliative Care Home**

*Palliative care is the specialized care for senior citizens with serious illnesses.* It focuses on providing patients with relief from the symptoms of a serious illness, also relieving him of the stress of the illness by improving the quality of life for the patient and his loved ones. The role of retirement communities play a crucial role here in helping to improvise the quality of life at all stages of the illness.

Chronic illnesses such as cancer, cardiac diseases, kidney failure, Alzheimer's disease, Parkinson's disease and many such serious illnesses are taken under palliative care to give them strength and support in carrying out daily activities during their time of illness.