



# Choose a community or live at home?

Different dynamics will affect your choice. Consider these 4 factors as you make your decision.

**In a community**



**At home**



Built with aging in mind, a community offers you a residence, necessary services and useful amenities, getting together with neighbors and dining - all under one roof or within easy walking distance.

## 1. Physical environment.

Where you live matters greatly in setting the course for how well you age.

Your home wasn't built with your aging in mind, so you'll need to adapt it to serve you. Consider lighting upgrades, fewer and safer stairs, bathroom and kitchen remodeling - all to keep you safe and functioning independently.

Multiple dining venues, chef-prepared menus, cleanup staff, and a staff nutritionist or dietician - all these make it easier to eat well regularly.

## 2. Good nutrition.

Eating well increases your appetite for living well. But a poor diet can lead to higher incidences of falling, problems with wounds healing, and a weakened immune system that raises illness and infection risks.

When it's a challenge to buy groceries and cook for yourself, a little ingenuity is called for. Consider options like daily meal or grocery deliveries, rides to market or restaurant with friends or family, or a drop-in cook to prep a week's worth of meals.

Worship, education, volunteering, entertainment, social activities, crafts and hobbies - the opportunities are here as part of community life. Plus, there's transportation available.

## 3. Living with purpose.

Meaningful activity leads to lower mortality rates and better health in older adults. Purpose promotes positive living.

Family, church, volunteering and special-interest groups all offer you great ways to enrich daily living. To take advantage of these opportunities, you may need to rely on others for transportation. Alternatively, online communities and social networking can provide easy access to purposeful engagement.

Retreat at will to the privacy of your own residence, knowing that the next meal or community activity will connect you with friends and neighbors.

## 4. Social connection.

Relationships keep you healthy as you age, and isolation is a serious health risk for older adults. More than 11 million adults age 65+ are estimated to live alone.\*

To sustain your social life, you'll need local community services, the telephone, social media and other online services (e.g., Skype) - especially if mobility and transportation challenges keep you at home.



Explore more resources at [WhereYouLiveMatters.org](http://WhereYouLiveMatters.org)