# Why Should I Move?

Older adults may be hesitant to move from their familiar home and surroundings. What are the benefits of moving sooner rather than later?

#### Socialization

All of us are happier when we can socialize and have friendships. Social isolation may cause a decline in a senior's health. Senior communities offer a variety of activities and opportunities to socialize.

### **Stay Safe and Healthy**

Senior communities have strict guidelines in place to ensure residents stay safe and healthy. Doctors, nurses, and therapists are available to meet with residents in person or via telehealth.

#### **Maintenance-Free Living**

As we age, it can become difficult and overwhelming to continue to manage a house and keep up with all the cleaning and maintenance that is required. Senior communities will provide meals and take care of all cleaning and maintenance so you can spend time doing things you enjoy.

## **Many Options**

There are many types of senior communities. Elderwerks knows all of the communities in Northern Illinois. After an initial conversation, we can assist you in finding one that is a good fit for your lifestyle.

### **Peace of Mind**

No more worrying about an emergency or needing help. Communities have staff available 24/7 to assist you.

### Maximize Independence

Living in a senior community will allow you to remain independent longer. You will have the autonomy to choose how you want to spend your time, make new friends, and enjoy your new lifestyle.

Even if you're not ready to move yet, you can explore the options in your area. Contact Elderwerks for a complimentary consultation to plan for your future.

855-462-0100

Elderwerks

www.elderwerks.org