

MAPLEWOOD

Senior Living

SENIOR CARE SOLUTIONS:

ASSISTED LIVING VS. CARING FOR LOVED ONES AT HOME



When considering options for senior care, it is essential to understand the differences between assisted living and caring for someone at home. Both offer unique benefits tailored to individual needs. Here is a breakdown to help you make an informed decision:

ASSESSMENT OF NEEDS

Assisted living is typically suited for individuals who require assistance with daily activities (ADLs) but do not need round-the-clock medical care. While they may not need it, round-the-clock care is available if needed, offering peace of mind and a sense of security.

Care at home offers the comfort of being in one's own home but outside care is usually limited to light care assistance and does not include clinical oversight, medication management, and there may be limited opportunity for socialization. If a family member is providing care and opportunities for engagement, it can quickly become overwhelming.

INDEPENDENCE AND PRIVACY

Assisted living offers a community setting with individual apartments and the ability to choose daily opportunities for socialization and engagement. The stress and anxiety of home upkeep disappears and is replaced with housekeeping and laundry services and meals.

Remaining at home does preserve the individual's independence and privacy, and allows them to stay in familiar surroundings, but does not support socialization or exercise opportunities. Housekeeping, cooking, and the upkeep of a home remains, and isolation and a lack of engaging activities may prove to be detrimental to their health over time.

FINANCIAL CONSIDERATIONS

At an assisted living community, you are typically charged monthly fees that cover accommodation, meals, amenities, and varying levels of care. Costs can vary depending on the location and services provided.

Care at home costs vary depending on the level of care needed, frequency of visits, and duration. If care needs increase, you will need to reassess in-home care. Managing caregivers, particularly when they unexpectedly become unavailable, can be stressful. In a community, there is always backup care available.

If you would like more information, please contact a Maplewood Senior Living community. Our knowledgeable staff of professionals understands and is here for you and your loved ones throughout the journey.

203.557.4777 | [MaplewoodSeniorLiving.com](https://www.MaplewoodSeniorLiving.com)

Connecticut: Bethel, Danbury, Darien, East Norwalk, Newtown, Orange, Southport

Massachusetts: Brewster, Weston, West Yarmouth

New Jersey: Plainsboro | **Ohio:** Chardon, Cuyahoga Falls, Twinsburg





SOCIAL INTERACTION AND COMMUNITY ENGAGEMENT

The extensive programming in assisted living communities offers structured activities, communal dining, and opportunities for social interaction, fostering a sense of community and belonging.

Caregivers at home can provide companionship and support; social interaction may depend on the individual's ability to engage in community activities outside the home.

FLEXIBILITY AND PERSONALIZED CARE

Assisted living provides a structured environment with set mealtimes, activities, and care schedules, catering to the needs of multiple residents.

Caring for a loved one at home can offer flexibility in scheduling and personalized care plans tailored to the individual's preferences and requirements. While there may be more one-on-one attention to care, the lifestyle options may be more limited.

FAMILY INVOLVEMENT AND SUPPORT

Living in an assisted living community alleviates the caregiving burden on family members while providing peace of mind through professional care services.

Keeping a loved one at home allows family members to actively participate in the care process, fostering closer relationships and providing emotional support to the individual receiving care, although it can quickly lead to burnout if there is not enough support.



HEALTHCARE MANAGEMENT

Assisted living communities not only have nurses on site but also have staff available to assist with medication management, medical appointments, and coordination of healthcare services.

Medication reminders, medical appointments, and coordination with healthcare providers falls upon a family member when caring for a loved one at home. This can be tricky to balance especially if they also need to attend to their children or a job.

ADAPTABILITY TO CHANGING NEEDS

An assisted living community provides a continuum of care, allowing residents to transition to higher levels of assistance as their needs evolve.

Care at home offers flexibility to adjust care plans according to changing health conditions or preferences, ensuring ongoing support tailored to individual requirements if the service is available.

The decision between assisted living and caring at home depends on numerous factors, including the individual's preferences, level of independence, medical needs, and financial considerations. Understanding the differences and weighing the advantages of each option can help you make the best choice for your loved one's care journey.