



SENIOR LIVING MYTHS VS. REALITY

Senior living has changed a lot in recent decades—today's communities often look nothing like people expect. Here are five common myths worth rethinking.

MYTH: IT'S LIKE A NURSING HOME.

Reality: Today's independent living, assisted living, and memory care communities are worlds apart—private apartments, chef-prepared meals, wellness centers, and programming built around independence and aging in place.

MYTH: I'LL BE LONELY.

Reality: You'll have more chances to connect than ever. Fitness classes, resident-led clubs, faith services, shared dining, and weekly programming make connection part of daily life. Think college campus for older adults (cocktails included).

MYTH: I'LL LOSE MY INDEPENDENCE.

Reality: Independence is the point. Communities encourage it, adding support only as needed so residents age in place with dignity.

MYTH: I'M NOT READY YET.

Reality: The right time may be sooner than you think. Many residents move in while active and independent—gaining time to enjoy the amenities, build friendships, and settle in before extra support is ever needed. It's about gaining connection and peace of mind, not giving anything up.

MYTH: IT'S TOO EXPENSIVE.

Reality: The value goes well beyond housing. Monthly fees often bundle dining, housekeeping, utilities, programming, and care access—which can offer real value against the full cost of staying home.

The bottom line: today's senior living is less about giving something up and more about gaining connection, convenience, and peace of mind.

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