

## Ways Senior Care Can Make You More Independent.

Most people associate senior care communities with losing their independence—this could not be further from the truth. These communities are designed to support and grow each resident's independence! Residents often discover a new sense of freedom, partnered with an even better quality of life.



### Senior care helps people get out of the house

Older adults may have difficulty leaving their homes or may not be able to find a reason to leave their homes.

Senior care communities have an abundance of opportunities for residents to leave their homes and participate in the community. A trained and dedicated team is there to aid with transportation around the community and mobility.

### Cooking made easy

Older adults may have trouble cooking or grocery shopping. With senior care that is a thing of the past. Many senior care communities have dining programs with nutritious and varied menu options. Communal dining rooms are just another opportunity to be social and connect with other members of the community.

### Social connection

Senior care communities have no shortage of social events, activity options and opportunities to build friendships. In a senior care community, residents have the option to be alone or to be social, depending on their preferences. They can also get involved in crafts, theater or discover a new passion! There is always the opportunity to socialize and make new friends. The freedom and independence of pursuing passions, learning something new and making new connections is good for all older adults' emotional and physical well-being.

### Independence without the risk

While senior care does foster independence, nurses are available around the clock to provide support when needed. Assistance is also available should a resident need help with dressing, bathing, medications and much more. What's great is that the support residents find in senior care is designed to promote independence, provide peace of mind and empower each resident. It's easier to be independent when you have fewer things to worry about!

### About Mount Carmel Care Center

Mount Carmel Care Center in Lenox, MA is committed to providing a welcoming, person-centered environment and atmosphere of a "Home." Our services include rehabilitation, long-term care, respite care, and palliative care, and our community offers nutritional services, a variety of therapy options, and health education and support services for residents and families. Mount Carmel Care Center's senior care experts are ready to answer your questions and connect you with the right services at the best time for you.



To learn more or schedule a tour, call 413.637.2660 x13 or visit: [www.mountcarmelcare.org](http://www.mountcarmelcare.org)

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