



## Advantages of Assisted Living Over Home Care

Many experts agree that living in a community can help to give families peace-of-mind and give seniors the fulfilling lifestyle that they worked hard for and are deserving of.

**Argentum** – formerly the Assisted Living Federation of America (ALFA) – states that, “High-quality senior living communities offer the latest amenities, privacy, comfort, and beautifully decorated home-inspired environments for seniors.” All of this and more are what make assisted living communities so beneficial to those we love most.

### Advantages of Assisted Living over Home Care

1. **24-hour security.** Assisted living communities are there to keep your loved one safe and protected during emergencies. Many communities include response systems that can help to ensure that they have help at the press of a button anytime they need it.
2. **Access to medical services.** Many communities have medical services available when needed on site and if not, many can coordinate visits if needed.
3. **Wellness programs.** Assisted living is well known for providing many activities for seniors such as fitness clubs, outings and health programs. With home care, it can sometime be difficult to take advantage of these benefits due to limited mobility. At communities, there are staff members on hand to assist anyone who needs it.
4. **Social activities.** A main advantage that assisted living has over home care is the opportunity for socialization. By providing clubs and activities for seniors to do, their need to communicate is fulfilled and they can, in turn, be happier and healthier.
5. **Meals, laundry and housekeeping.** All of the things that can be hard for seniors to do will be taken care of at an assisted living community. Meals can be tailored to meet their needs and they will not have to bother with laundry or housekeeping.
6. **Memory care.** Many of these communities have memory care facilities on site or have them close by so that if diseases progress or health declines, your loved one will not have to move again. This will make life easier for you and help to keep them relaxed and comfortable.

### When to Consider Switching from Home Care

- **There begin to be limitations in physical health.** When health begins to deteriorate and they can no longer do things for themselves, such as walking, dressing or eating, know that those who work in assisted living communities are there to help. They will take care of your loved one and help them to stay as independent as possible for as long as possible.

*Inspiring Wellness!*



- **Mental disorders occur.** Are signs of depression or anxiety appearing? Home care can sometimes make depression worse because of the lack of communication and socialization. These communities have many programs available so that residents can find something they are interested in and bond with those who share the same interests.
- **Medication management is needed.** If medicines are needed to be distributed through an IV and you are unable to give them their medicines as they need them, assisted living may be a good option as they can provide these services. Home care can make it difficult to administer these medicines as needed.
- **You can no longer meet their needs.** If you are in need of a break from home care, having difficulty managing your own affairs or have little help when you need it, it may be best for your loved one to move.

**Experience Lifestyle, Care, Community and Tradition at Lions Gate.**

Lions Gate, located in Voorhees, NJ, offers a continuum of lifestyle and care options rooted in Jewish traditions and values. Whether you are in need of [Independent Living](#), [Assisted Living](#), [Memory Care](#), [Skilled Nursing](#) or [Rehabilitation Services](#), Lions Gate has you covered.

Our mission at Lions Gate is to enrich the lives of those we serve through quality and compassionate care consistent with our heritage and values. We strive to provide [programs and services](#) that inspire wellness as well as social, cultural and spiritual independence.

**To learn more about Lions Gate's Unparalleled Lifestyle and Community Services, [contact us](#) today!**

*Inspiring Wellness!*