



How to find a supportive environment that satisfies everyone

Finding a supportive living environment that all parties can agree upon may be difficult, but after key conversations and reputable resources have been explored, arriving at a mutual decision can be ultimately freeing for adult children—and their parents.

Aging in Place

Most older adults would prefer to “age in place,” which means staying in the residence of their choice for as long as possible. If your loved one is healthy, engages in social activities and needs little assistance, remaining in their home may be a safe and reasonable option. However, even without the need for additional services, isolation and depression can set in, causing a myriad of physical and emotional difficulties.

Indeed, what may be most valuable of all are the intangibles in life: freedom, peace of mind, and endless possibilities. While older adults sometimes fear that a move from their own home will inhibit their independence, they often find that just the opposite is true. Liberation from chores, seclusion, and inactivity paves the way for new opportunities and new connections, every day. Life becomes about what seniors *want* to do, not what they *have* to do. Access to immediate, quality healthcare, if needed, replaces anxiety and worry on the part of parents and adult children with a sense of confidence and well-being.

In-Residence Caregiving Services

Obtaining services in a private residence can be complicated and even dangerous. Consider these issues:

- **How much help is required?** Depending on your parent’s needs, a caregiver could be responsible for any number of duties, from assisting with minor tasks to offering skilled therapy. Decisions about type and frequency of care must be carefully and realistically evaluated.

- **How much will it cost?** Expenses vary widely, depending on the level of assistance needed and the agency or individual employed. It is a misconception that it's always more affordable for seniors with care needs to remain at home. Most caregivers operate on an “à la carte” basis, whereby the more help that is needed, the higher the cost. This is especially true of agency-based assistance.
- **What quality of life will your parent have in their home?** This is perhaps the most important question of all. Older adults who can no longer attend to themselves exclusively are at risk of becoming less active and, thus, more lonely and isolated. Even the most qualified caregiver cannot offer the fulfilling scope of activity and socialization your parent needs and deserves.

Navigating senior living options is often emotional and always time-consuming, but in the long run, you will be glad you invested the time and energy in finding the best resources available to you and your loved ones so they may live their very best life.

Senior Living Communities

More and more seniors and their children are discovering that a quality senior living community can be the best of all worlds. In addition to on-site assistance offered by many senior communities, preserving the concept of “aging in place,” the best senior neighborhoods offer all of life’s advantages — physical, emotional, mental, and social.

Consider the benefits:

- Safety and security is a hallmark of senior living communities
- Camaraderie and friendships are formed that help lift depression and enrich a sense of purpose
- Lifestyle is enhanced with emphasis on wellness, diet, activities and lifelong learning
- Chores, maintenance, cooking are performed for your loved one so they may pursue other interests



If you and your parent have decided that a live-in community is the optimal choice for your family, you may be excited to learn that today's senior living environments encompass so much more than the fundamentals of food, shelter, and security. Explore our website to discover how much more of life your loved one can experience at The Merion.

The Merion is a luxury senior living rental community located in the heart of Evanston, steps away from Northwestern University and the beaches of Lake Michigan. An independent living community with exceptional activities, dining and programming experiences, The Merion boasts an on-site Wellness Center operating 24/7. The Merion's unique partnership with nearby Symphony of Evanston, which offers rehabilitation, assures that residents can be cared for, when and if their health needs change, within close proximity of their apartment. The Merion is the Preferred Senior Living Community of Northwestern University Athletics.



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