

The Pros and Cons of Assisted Living for Seniors



There are more than 40 million senior citizens in the United States today. About 3 percent of them are currently living in a nursing home or assisted living facility.

But both of those statistics are expected to rise in the coming decades. The senior population is likely going to double by the time 2060 rolls around, and it's probably going to mean a dramatic increase in the use of assisted living for seniors.

Is that a good or bad thing? As it turns out, there are lots of pros and cons that come along with assisted living. So if you're thinking about placing a special senior in your life into an assisted living facility, it's important to weigh the positives and negatives out first.

Let's take a closer look at the pros and cons of assisted living for seniors.

Pro: It Allows Seniors to Get Help With Daily Activities

There are many seniors who aren't about to do basic tasks on a daily basis. For example, they struggle to do simple things like bathe themselves and prepare their own meals.

When these seniors move into an assisted living facility, they're able to get all the help they need. The staff members at these facilities are trained to set seniors up with assistance as they move throughout their days. This can prevent seniors from falling and getting injured when they get dressed. It can also ensure they're eating and getting enough nutrition.

Many seniors refuse to ask for help from others when they're still living at home. But they feel more comfortable doing it once they warm up to the staff at an assisted living facility.

Con: It Can Cost a Lot of Money

The average cost associated with assisted living for seniors varies from state to state. So it could very well be an affordable option in your specific state.

But a 2014 survey revealed that there are many seniors who are paying more than \$40,000 per year to stay in an assisted living facility. \$3,500 is the national median monthly rate that seniors and their families are paying for one-bedroom units at assisted living facilities.

There are some seniors who are able to afford it by selling off their homes and personal possessions. But there are also many families that are going deep into debt to pay for assisted living for seniors. The cost is simply too much for some people to take.

Pro: It Gives Seniors the Chance to Socialize

How often does the senior in your life get the chance to socialize? If they don't get to interact with others very often, it could be taking a toll on their mental well-being.

Studies have shown that seniors who socialize with others on a regular basis experience a boost in happiness. Even just a small amount of socialization can have a positive impact on the way a senior feels.

Assisted living for seniors provides them with a chance to socialize with others each and every day. Seniors play games together, watch shows together, and, most importantly, talk together in assisted living facilities.

All this socialization is arguably the best part about assisted living facilities. Seniors are able to feel a strong connection with those around them and experience a sense of community that wouldn't otherwise exist.

Con: It Can Limit the Privacy Seniors Feel

While many seniors enjoy the socialization that takes place in assisted living facilities, there are also times when they just want to be alone. And it can be hard to maintain privacy when you're constantly surrounded by other people.

Assisted living staff members are constantly going in and out of seniors' living quarters to check on them. It can make the seniors feel like they aren't able to get access to the privacy they crave.

Seniors are also running into other seniors all day, every day. It can overwhelm them and make them wish they could go home and get away from it all.

Pro: It Helps Seniors Maintain a Feeling of Independence

Losing your independence is one of the worst parts about getting older. When you realize that you aren't able to do a lot of the things you used to do, it can send you spiraling into depression.

Seniors who spend time in an assisted living facility are able to recapture the independence they thought they had lost. Rather than having to rely on their children or neighbors to care for them, they can live independently and do as they please within the confines of their facility.

It can reduce the feeling of depression in many seniors and allow them to feel like they're in control of their lives.

Con: It Often Provides Seniors With Inadequate Medical Care

There are many people who are under the impression that seniors receive top-notch medical care while living in an assisted living facility. But in reality, most assisted living centers only provide very basic medical care, if they provide it at all.

Those seniors who have been afflicted with chronic health conditions will not usually find the help they need in assisted living facilities. Additionally, seniors with Alzheimer's disease and dementia will not get the assistance they require inside of an assisted living facility.

Assisted living is best for those seniors who are in good health. Anyone who has a long-term health issue will likely find the medical care at an assisted living facility to be inadequate.

Is Assisted Living for Seniors Right for Your Loved One?

Assisted living for seniors is right for some senior citizens. But it's definitely not the best choice for everyone.

If the senior in your life is more comfortable at home, consider taking advantage of the senior home care services available to you. Whether you only need to use the services a few hours every week or you need them 24/7, they'll allow your loved one to get the care they need in the privacy of their own home.

Contact us to learn more about how home care services can prove to be very beneficial for many seniors.



Scan for a
Free Assessment