

Tips on Downsizing with a Smile for a Better Lifestyle

With our large and fast-growing population of senior adults today, many families are re-evaluating their priorities in life and considering the advantages of downsizing to a more manageable and liberating lifestyle. For many of these families, their home of many years has become a challenge to take care of, and in some cases, a considerable burden. This is especially the case for those who now have some physical limitations that make it increasingly difficult to keep up with homeownership.

Various senior living resources, including AARP, enumerate the many advantages that downsizing to senior living offers. These include:

- **Leaving yard work and home maintenance behind** – Keeping up a home becomes more challenging over time, especially for those who have some physical limitations.
- **Staying actively engaged in life** – Residents of assisted living communities need never be bored. Many kinds of entertainment and activities are offered, both onsite and out in the local community – from visiting performers and theme parties to day trips for shopping, visiting local landmarks, enjoying nature or touring the local art museum.
- **Healthy social interaction** – Medical experts say that staying socially engaged and connected as you age is extremely important to your physical and emotional well-being – as well as your longevity. Assisted living communities offer a wealth of opportunities to stay engaged both mentally and socially. They can include favorite games like chess, bridge and poker, reading and discussion groups and fascinating classes and lectures on every conceivable topic.
- **New friendships and companions** – Older adults can often become isolated in their homes, which is considered very unhealthy at any age. At senior lifestyle communities, they can make new friends, share a meal and enjoy festive occasions with one another. At the same time, those who are more introverted appreciate the fact that their privacy is always respected and what they do every day is *their* choice.
- **Healthy, nutritious food** – At assisted living residences, you don't have to worry about grocery shopping, meal preparation or even coffee brewing. Instead, enjoy a fine dining experience with nutritious meals every day of the week.
- **Relief from stressful driving** – Driving can be stressful as we age, and our driving abilities may not be what they once were. For these reasons, many residents prefer to take advantage of the free transportation that's provided by assisted living communities.
- **Feeling safe and secure** – Residents can rest easy knowing that they are safe from thieves and con artists. Additionally, residents enjoy the peace of mind that comes from 24/7 security and supervision.



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- **More positive family relationships** – Through no fault of their own, older adults can become increasingly dependent on their grown children, or other close family members, for help of all kinds. Unnatural role reversals can strain relationships and foster unhealthy feelings of resentment by both parents and their adult children. Younger family members are freed from the role of caregiver and are able to spend time with their older loved ones in meaningful and pleasant ways.

***Live Vibrantly!* at Provident Village at Creekside**

At Provident Village at Creekside, we believe vibrant days ensure bright tomorrows, so we've created a community where seniors, quite simply, [Live Vibrantly!](#) Whether it's in our [Assisted Living Community](#) or [Memory Care Neighborhood](#), each day we celebrate the individuality and strengths of each resident.

At Provident Village, to *Live Vibrantly!* means that days are filled with joy, vitality, growth and security. It means residents are socially active and personally empowered, with access to the personalized care and support they need to live fully. It means residing in a community where [intellectual, social, emotional, spiritual and physical care](#) are seamlessly integrated into everyday life.

We invite you to [visit us](#) and see for yourself!

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