



STONEBAY
of Orono

SENIOR LIVING

CAN COUPLES LIVE TOGETHER IN SENIOR LIVING COMMUNITIES?



With life expectancy in America higher than at any other period in history, it's no wonder that there's a surge in couples aged 50 and older. As these senior couples' experience changes in mobility, strength and health, moving to a senior living may be the right choice. Assisted living for couples allows seniors to make that move together, even when one spouse has greater care needs than the other.

HOW OLDER COUPLES BENEFIT FROM LIVING TOGETHER IN ASSISTED LIVING

Maintaining the bonds of a long-term relationship improves a person's quality of life as they age. Keeping that connection when a senior couple decides to move to assisted living improves physical and mental well-being and reduces the likelihood one or both will experience confusion, anxiety or depression after the move. Continuing to live together after a move to assisted living also helps the senior couple experience greater health and happiness overall.

HOW TO FIND SENIOR LIVING FOR COUPLES

Senior living communities can be the best option for senior couples to live together as safely and independently as possible. That's particularly true if you choose an assisted living community that provides a range of services to meet the physical, medical and emotional needs of both seniors.

How can a senior couple find an assisted living community that meets their needs? Experts suggest doing research about communities as early in the planning process as possible. Then, when a handful of communities are identified that provide assisted living for couples, planning a visit is the next step.

Senior couples should pay particular attention to these things when making those visits

- Care and amenities: Ask about the type of dedicated care and the assortment of leisure activities available. Stonebay features expert caregivers who provide a range of support for the senior couple, social events and activities, as well as amenities that can be appealing to the spouse with fewer care needs.
- Respect for personal preferences: Learn how the assisted living community caters to couples and to their personal preferences. This is key for making sure senior couples feel comfortable and happy in their new home and are able to continue with companionship and routines that they are used to. At Stonebay Senior Living, senior couples can choose from a selection of apartments that are designed for privacy. We listen to our residents' input about meals and offer chef-prepared options at every meal. And personal preferences for support are respected.
- Continuum of care: Understand what type of care is provided. That's important, as care needs can change over time. At Stonebay Senior Living, we offer a continuum of care. Because we know our residents as the individuals they are, we are able to transition care as needed. That may mean some short-term additional care if an illness happens, extra support to help regain strength and ability, or tailored services to accommodate personal preferences. At Stonebay Senior Living care levels automatically change as individual needs change.

Questions about moving to assisted living for couples? Call the Stonebay Senior Living to learn more about how couples can move together to assisted living.