

What Is Assisted Living?



Assisted living is a type of residential senior care that provides older adults with personal care assistance and assistance with activities of daily living (ADLs). Residents of assisted living facilities (ALFs) can retain as much independence as possible while still receiving assistance with tasks such as laundry, meal preparation, and grooming. Most facilities also offer opportunities for socialization and entertainment, such as planned activities and seminars. These frequently have on-site amenities such as fitness centers, barbershops, and formal dining rooms to make their occupants feel more involved in the community.

Assisted living communities do **not** provide skilled medical care like nursing homes do. However, assisted living facilities assist residents with medication management, transportation to and from doctor's appointments, and minor first aid. Staff also remain on-site around the clock to assist residents during any **emergencies**.

<https://www.assistedliving.org/assisted-living-near-me/>