

What does it mean to make healthy choices?

It could involve making changes to your diet, working to stay active, or limiting blue light around bedtime.

But what about the choices that impact your wellbeing, or your mental state? The things in our life that affect our wellbeing can be harder to identify than the things that affect our cholesterol or blood pressure, but they're arguably just as important to our overall health.



Stress can be as damaging to the body as any physical malady, and, for a lot of adults, a significant source of stress and anxiety can be rooted in worrying about the safety of an older parent or loved one. When we agonize over the health and wellbeing of our loved ones, we may end up doing harm to our own. Think of Assisted Living not only as support for your loved one, but for yourself: it provides the kind of care that allows you a full night's sleep.

The peace of mind afforded by Assisted Living is not limited to the person directly receiving care. For many adult children that come to us, the knowledge that their loved one is receiving constant support plays a significant role in reducing worry and daily stress. More than likely, these people are working full time and raising children of their own; caring for an aging parent on top of that is more than any one person can better suited for professionals, trying to take it upon yourself can breed resentment for the person you're caring for. Caring for an older adult is a situation for which very few people have a plan, let alone the resources. It can be overwhelming, scary, and downright unpleasant if you aren't prepared for the scope of the task at hand. While it may feel like you're doing the right thing for your loved one, you must be able to rationally assess the benefits and harm if you are going to make a care decision that's in their best interest.

And if you're afraid all of this seems a little self-oriented, consider that your loved one with emotions: feelings of duty, guilt, filial piety, and the like. But your relationship with a loved one who requires assistance with the tasks of daily life does not have to be this way. It is possible to be warm, open, and loving with an elder relative, especially when they receive the dedicated care that can be found in an Assisted Living community. Choosing Assisted Living for your loved one is the healthy choice: by lifting the weight of caretaking off your shoulders, it frees you and your loved one to embrace the lifestyles you've been wanting for each other all along.

Please select one of our locations by visiting www.covliving.org/locations to learn more about Assisted Living.