

# Assisted Living FAQs

Exploring assisted living can bring up a lot of questions. You may be wondering what assisted living includes, how it differs from other care options, when it may be the right time to consider a move, and what life in a senior living community is really like.

This guide was created to help seniors and families better understand assisted living, ask the right questions, and feel more confident about the next step.



At Covenant Living, we know that choosing assisted living is a personal decision. Our team is here to provide helpful guidance, compassionate support, and peace of mind as you explore your options.

## What is Assisted Living?

Assisted living is designed for seniors who want to maintain independence while receiving help with certain daily activities.

Support may include:

- Bathing, dressing, and grooming
- Medication reminders or medication management
- Meals and nutrition
- Housekeeping and laundry
- Transportation
- Wellness programs and social activities
- Personal care needs

Assisted living gives seniors the opportunity to enjoy privacy, independence, and community life, with support available when needed.

## Who is Assisted Living for?

Assisted living may be a good fit for seniors who are mostly independent but could benefit from extra support throughout the day.

It may be time to explore assisted living if you or a loved one is:

Continued on page 2

- 
- Having trouble managing medications
  - Struggling with personal care
  - Experiencing changes in balance or mobility
  - Eating less or having difficulty preparing meals
  - Feeling isolated at home
  - Having trouble keeping up with household tasks
  - Needing more support than family can safely provide

A conversation with a senior living team can help determine whether assisted living is the right level of care.

## **How Is Assisted Living Different From Independent Living?**

Independent living is for seniors who can live on their own but want a maintenance-free lifestyle with more convenience, connection, and amenities.

Assisted living includes many of those same benefits, with added personal care support. In general, independent living focuses on lifestyle and convenience, while assisted living provides help with daily activities while still encouraging independence.

## **How Is Assisted Living Different From Nursing Home Care?**

Assisted living is typically for seniors who need help with daily activities but do not require ongoing medical care.

Nursing home care, sometimes called skilled nursing care, is designed for individuals who need a higher level of medical support, rehabilitation, or around-the-clock nursing care. If you are unsure which option is best, a senior living professional can help you understand the right fit based on current needs.

## **What Services Are Usually Included In Assisted Living?**

Services vary by community, but assisted living may include:

- A private residence
- Daily meals
- Housekeeping

- Laundry services
- Maintenance
- Scheduled transportation
- Social, educational, and wellness programs
- Personalized care support
- Medication support
- Access to team members throughout the day and night

When comparing assisted living communities, ask what is included and what may involve an additional fee.

## **Do Assisted Living Residents Still Have Independence?**

Yes. Assisted living is designed to support independence, not take it away. Residents can continue making their own choices, following their routines, enjoying favorite activities, and spending time with others at their own pace.

The goal is to provide the right amount of support so seniors can live with confidence, dignity, and purpose.

## **What Is Daily Life Like In Assisted Living?**

Daily life in assisted living often includes a mix of personal routines, meals, activities, wellness programs, social opportunities, and quiet time.

Residents may enjoy breakfast with neighbors, attend a fitness class, join an activity, spend time outdoors, or relax in their private residence.

Each day can be as active or relaxed as the resident chooses.

## **Are Meals And Transportation Included?**

Many assisted living communities include daily meals, dining options, and scheduled transportation.

Dining gives residents access to nutritious meals without the stress of grocery shopping, cooking, or cleanup. Transportation can help residents get to appointments, shopping, activities, and community outings.

---

When touring a community, ask about meal options, special diets, transportation schedules, and what destinations are included.

## **Can Couples Live Together In Assisted Living?**

In many cases, couples can live together in assisted living, depending on apartment availability, care needs, and community guidelines.

This can be especially helpful when one spouse needs more support than the other. The community team can help explain available apartment options and how care services may be personalized for each person.

## **Can Assisted Living Support Changing Needs?**

Yes. Care needs can change over time, and assisted living is designed to provide flexible support. When comparing communities, ask how often care plans are reviewed, what happens if additional support is needed, and whether other levels of living or care are available.

Choosing a community with multiple levels of care can provide added peace of mind for the future.

## **Is Memory Care The Same As Assisted Living?**

No. Assisted living and memory care both provide support, but they are designed for different needs.

Assisted living is for seniors who need help with daily activities while maintaining independence.

Memory care is specifically designed for individuals living with Alzheimer's disease, dementia, or other forms of memory loss. It often includes a more structured environment, specialized programs, and team members trained in memory support.

## **How Do I Know When It Is Time For Assisted Living?**

It may be time to consider assisted living when daily life at home becomes more difficult, stressful, or unsafe.

---

Common signs include:

- Missed medications
- Falls or balance concerns
- Changes in hygiene or personal care
- Difficulty preparing meals
- Increased isolation
- Trouble managing household tasks
- Caregiver stress or burnout
- More frequent need for reminders or support
- 

Starting the conversation early can help families explore options before a crisis occurs.

## **What Should Families Look For In An Assisted Living Community?**

The right assisted living community should feel supportive, welcoming, and aligned with your loved one's needs.

Consider:

- Quality of care and support
- Friendliness of the team
- Cleanliness and comfort
- Dining options
- Activities and wellness programs
- Apartment layouts
- Safety features
- Transportation options
- Access to future care
- Overall sense of community

A tour can help you better understand the environment, the team, and daily life.

## **What Questions Should I Ask During A Tour?**

When touring an assisted living community, consider asking:

- What services are included?
- How are care needs assessed?
- How often are care plans updated?
- What apartment options are available?
- What dining options are offered?
- What activities and programs are available?
- Is transportation provided?
- How do team members communicate with families?
- What happens if care needs change?
- Are other levels of living or care available?

These questions can help you compare communities more clearly.

## How Can Families Prepare For Assisted Living?

Preparing for assisted living starts with open conversation and planning.

Helpful steps include:

- Talking with your loved one about needs and preferences
- Creating a list of priorities
- Touring communities early
- Reviewing care needs
- Gathering financial and legal documents
- Asking about pricing and what is included
- Discussing future care preferences

Planning ahead can make the transition feel less overwhelming and more positive.

## How Can Covenant Living Help?

At Covenant Living, we help seniors and families navigate assisted living with clarity and confidence. Our team can answer questions, explain available services, discuss lifestyle options, and help you understand what to expect. Whether you are just beginning to research assisted living or are ready to schedule a tour, we are here to guide you every step of the way.

---

## Take The Next Step

Assisted living can offer the support, connection, and peace of mind many seniors and families are looking for.

If you have questions about assisted living, Covenant Living is here to help. Contact us today to learn more, schedule a tour, or speak with a member of our team.

**Learn more about our family of communities by visiting [CovLiving.org](https://covliving.org)**