



STAGES of SENIOR CARE

Your Step-by-Step Guide to Making the Best Decisions

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Chapter 6: Senior Centers

Generally operated by communities, local governments, or nonprofit entities, these are places where seniors (who live independently) can gather on a daily basis to eat meals and to engage in social, fitness, and creative activities.

Advantages

- Regular social, intellectual, and physical stimulation
- Nutritious meals and snacks
- Many are currently updating physical facilities and programs with computers, fitness activities, and educational courses

Disadvantages

- Seniors may find offerings to be uninteresting, unsatisfying
- Participants' differing demographic groups may cause some to feel "they don't fit in"

Choose This Option If

- Senior is in good mental and physical health and lives independently
- Senior is primarily interested in activities and interaction with peers

Average Annual Cost

- Daily fees are nominal, typically limited to meals

Resources Available

- U.S. Administration on Aging's Eldercare Locator, eldercare.gov
- National Association of Area Agencies on Aging, n4a.org

Issues You Should Be Aware Of

- Senior centers assume that members will be self-sufficient
- Typically, this includes seniors transporting themselves to these locations

When It Is Time to Move On

- Senior is becoming more frail or is dealing with an increased number of age-associated disabilities
- Senior needs supervised care during the day, including social and some health services
- Senior is in early-stage dementia

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