

# When choosing to age in place, it's important to choose wisely

Retirement has changed for today's modern senior. Seniors are living longer, but the age of retirement remains the same, giving seniors two chapters to their retirement. The first chapter is leaving behind their work responsibilities, then the second chapter entails shifting their focus to safety and health.

## The benefits of living in a senior community

VS.

## The realities of aging in place at home

01

### Living Life

98% of community residents love the convenience of on-site dining venues and household chores being someone else's responsibility.

PRO

01

### Living Life

Cooking healthy meals and managing a household becomes increasingly difficult for those over 65.

02

### Safety

95% of residents perceive a community as a safer environment. Close knit communities offer residents the assurance of safety in numbers!

CON

02

### Safety

59% of seniors reported being victimized by crime at or near their home. Living alone makes them an easy target.

03

### Loneliness

94% of residents say they live more independently in a community of like-minded people, where fun is just an elevator ride away.

03

### Loneliness

Studies show inactivity and loneliness increase the chance of dementia by 64%

04

### Care Quality

All in one community. Care is rendered and managed by professionals, your 24-hour advocates

04

### Care Quality

Supervision is key in receiving the highest quality care. Who will be there as your advocate when you aren't strong enough?

Statistics show 1 in 3 adults over 65 fall each year!



### Meet Michelle Watkins, Retirement Counselor

After many years of working in the industry of retirement living, Michelle now serves as a Retirement Counselor at Brazos Towers at Bayou Manor. Helping seniors successfully navigate their choices by better understanding the differences between communities and the services they offer, is an important part of her daily role. Whether these individuals end up moving to Brazos Towers at Bayou Manor, or somewhere else, Michelle knows that she and her team have succeeded if visitors leave with the information and tools they need to create a plan that will allow them to thrive in the next chapter of their lives.

To read my complete blog, please go to <https://brazostowers.com/blogs/>  
Or, you can contact me via email at [michelle.watkins@houstonretirement.org](mailto:michelle.watkins@houstonretirement.org)