



# NAVIGATING SENIOR LIVING

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Which Lifestyle Option is Right  
for You or a Family Member?



*Aden*  
SENIOR LIVING

When looking into senior living options for yourself or someone you love, you may be overwhelmed by the care and lifestyle options available. As a result, it can be challenging to know which level is right for your family's situation or what type of senior living would best cater to your needs and preferences.

Understanding the levels of care available is the first step toward finding the right community for your family. In this resource, our [Aden Senior Living](#) team explores:

- Catered Club Living
- Assisted Living
- Memory Care

We want to ensure you and your family have the information you need to make an informed and confident decision about senior living.

## CATERED CLUB LIVING



### What is it?

[Catered club living](#) is an excellent lifestyle option for older adults who wish to maintain their independence but would like the security and convenience of living in a community setting. Exclusive to Aden Senior Living, our catered club living features spacious apartments, larger than typical senior living apartments, designed for maximum independence. They include a full kitchen, an in-unit washer and dryer, and additional touches focused on adding convenience and comfort.

This lifestyle option allows residents to live as independently as they wish while only receiving the level of support they need. Catered club living means less stress and more fun, with the peace of mind knowing support is always available.

[Explore Catered Club Living at Aden Senior Living](#)

## What Are the Benefits of Catered Club Living?

### Flexibility and Choice

No two people's wants and needs are the same, so why would we expect to cater our programs the same way to everyone? Instead, we cater our services and programs to each resident's specific needs so they can design each day of their retirement and craft the lifestyle they desire.

### Maintenance-Free Living

Catered club living provides residents with a maintenance-free lifestyle. No more worrying about home upkeep and maintenance tasks like landscaping and repairs. Instead, these tasks are handled by community team members, freeing up time and energy for individuals to focus on the things they enjoy.

## Access to Exceptional Amenities and Services

At Aden Senior Living, we offer a range of [amenities and services](#) that help residents create a lifestyle of convenience, comfort, and elevated living. Our holistic approach to wellness prioritizes the mind, body, and spirit and helps individuals reach their fullest potential.

From restaurant-style dining experiences with friends and guests to pampering themselves at our on-site salon and spa, residents of Aden Senior Living experience first-class hospitality and a premier level of independence and comfort.



Aden Senior Living Amenities & Services Include:

- Calming courtyards and scenic views
- Library and business center
- Lounges
- Movie theater
- Beauty salon & spa
- Art studio
- Fitness center and physical therapy gym
- Restaurant-style dining
- Salus™ lifestyle programming
- Scheduled transportation
- And so much more!

## Safety and Security

Our catered club living provides a safe and secure environment for residents, including secure entrances and dedicated team members available 24/7 to respond to emergencies.

Additionally, we provide supportive services as needed, such as transportation, medication management, and emergency response systems.



# ASSISTED LIVING



## What is it?

Assisted living offers care and support to older adults needing assistance with daily tasks, such as dressing or mobility. This lifestyle option delivers personalized support to prioritize safety and foster independence.

Assisted living can offer individuals the assistance they need to live safer, fuller lives or provide them with peace of mind knowing help is available should they need assistance in the future.

Explore Assisted Living at Aden Senior Living

## What are the Benefits of Assisted Living?

### Personalized Support

Assisted living communities, like Aden Senior Living, create personalized care plans to address and meet each resident's care needs. Highly trained team members offer assistance with the [activities of daily living](#) (ADLs), such as bathing, dressing, medication management, and/or mobility support.

### Independence and Privacy

A common misconception about assisted living is that it leads to a loss of independence and privacy. However, the opposite is true. Assisted living communities enhance resident independence by providing the support they need to lead purposeful lives, promote safety, and maintain control over their daily lives.

### Social Engagement Opportunities

As one of the main dimensions of wellness, a healthy social life is crucial to overall health. Individuals living alone in a private residence are at a higher risk of becoming socially isolated or experiencing feelings of loneliness, which could have a negative impact on other areas of their life.



Fortunately, assisted living communities encourage social interaction and engagement among residents. At Aden Senior Living, our [Salus™ wellness philosophy](#) focuses on helping residents reach their fullest potential through engagement and connection. This philosophy is integrated throughout our community and implemented into each of our supportive services and signature programs.

*Here, individuals will find countless programs and ways to get involved in the community that will help them stay connected.*



## What is it?

[Memory care](#) provides a safe, secure, and structured community for those living with dementia or another memory impairment. Memory care communities deliver a higher level of support than assisted living communities, including 24-hour health monitoring, 24-hour security, and assistance with daily tasks. In addition, these communities offer enrichment activities specifically focused on strengthening the mind and body, helping to manage symptoms and behaviors associated with dementia

Explore Memory Care at Aden Senior Living

## What are the Benefits of Memory Care?

### Specialized Care

Memory care communities are specifically designed to cater to the unique needs of those living with dementia, memory loss, and cognitive challenges. Memory care team members receive specialized training to understand and manage the challenges associated with dementia, ensuring residents receive compassionate care to help them manage their condition.

### Safe and Secure Environment

The safety and security of residents are the number one priority in memory care communities. They are equipped with secured entrances, alarmed doors, and monitored living spaces to prevent wandering and ensure the well-being of residents.

### Structured Daily Routine

Consistency and structure are beneficial for individuals living with memory impairment. Memory care communities offer a structured daily routine that includes programs, meals, and therapies at regular intervals. This routine helps reduce confusion, anxiety, and agitation, providing a sense of familiarity and comfort.

### Memory-Stimulating Programs

Memory care programs focus on engaging residents in memory-stimulating activities. These can include a variety of programs designed to promote cognitive function, memory recall, and overall well-being.

At Aden Senior Living, our [Valeo™ Signature Programs](#) are based on an individualized plan catered to every resident of our peaceful and secure memory care community in Ormond Beach, Florida. It is all built on a foundation of holistic well-being and health backed by scientific research.



Valeo™ Signature Programs Include:

- Create & Compose – reaping the benefits of art and music
- Legacy Kit – helping residents shares their story
- Travel Times – creating new experiences
- Creature Comforts – pet and animals interactions
- VITA! – maintaining purpose and structure with routines

### Personalized Care Plans

Like assisted living, memory care communities develop personalized care plans for each resident. These plans consider the individual's specific needs, preferences, and abilities, ensuring they receive appropriate attention and assistance with daily tasks, medication management, and personal care.

## WHICH LIFESTYLE OPTION IS RIGHT FOR YOU OR YOUR FAMILY?



Determining which level of senior living is right for you or someone you love is an extremely personal decision, and many factors can impact this decision. A few things to consider that can help you make this decision include:



- **Care Needs:** How much support is currently needed with daily tasks? Will additional support be needed in the future?
- **Medical Conditions:** Do you or your family member have any chronic medical conditions, including dementia?
- **Lifestyle Preferences:** What features are you looking for in a senior living community? Do you want apartment features that cater to independence, or are you looking for a more supportive community environment?



Take your time and evaluate all lifestyle options carefully before you make a decision. Remember, finding the right level of senior living can enhance your independence and help you to achieve your highest level of wellness.

We invite you to [reach out to a member of our team](#) to learn more about our catered club living, assisted living, and memory care community in Ormond Beach, Florida!