

## Seniors Residences Kelowna

Seniors Residences Kelowna - Independent living communities are more commonly known as retirement communities. These facilities house seniors who are in good health and can live mostly by themselves. These individuals can do all or most of their everyday tasks with no or little help and do not require medical care which needs a high level of monitoring or help by healthcare professionals.

As stated previously, residents in an independent living community normally do not need medical help since they usually have an adequate level of health. Most residents would still make routine, regular visits to their healthcare team, but this is mainly to check in on minor medical conditions, prescription refills, physical check-ups, and various other types of conditions that are easily managed by the person. When more severe medical conditions do arise, independent living communities normally have medical staff available on an on-call basis. These professionals are able to respond quickly to residents that require help and could offer recommendations for subsequent or follow-up treatment. Conveniently, numerous independent living facilities are situated close to major urban centres. This makes it easy to access hospitals and other care facilities to make sure that they are given the best and fastest care possible.

Residents in independent living facility could make decisions about how to spend their time. They can also come and go as they please. For the most part, there is normally a minimum age limit for each community and one member should be older than the cutoff age in order for the couple to move in. Among the most common cutoff age is 55 years. People usually live in their very own units and a lot of times, couples will move into a facility together. Amongst the benefits of these units is that they are usually more easily maintained and smaller than the previous homes of the owner. This allows the residents to spend more of their free time on leisure activities of their preference, instead of on household chores and yard work.

The facility provides amenities that the residents can use if they want. Often, there is an activity director who organizes community events and outings that residents could take part in with other residents within their peer group. Some amenities include pools, clubhouses, spas, gardens and exercise facilities. Several communities may even have on-site hair salons, libraries, and dining rooms available. If a resident requires transportation, this is usually either arranged or provided by the independent living facility's staff. Since these kinds of communities are normally located in urban centres, both social and cultural activities can be accessed very easily.