

February is National Senior Independence Month

For most people, living an [independent](#) lifestyle is a sought-after goal, no matter our age. Independence allows us the freedom to take control of our lives and choose to focus on what is most important to us.

National Senior Independence Month, celebrated every February, is a time to encourage seniors to prioritize their own individual needs to reach goals for health and happiness. Aging doesn't mean it's time to count fewer freedoms. Keep reading for a few tips on how to maintain independence while still giving family and friends peace of mind.

4 Tips for Staying Independent in Your Senior Years

Remain Involved - Fuel your independence during your retirement years with positive habits and activities. Whether it be reigniting a passion or continuing on with a hobby you've enjoyed for years, staying involved in activities that interest you allows you to embrace your independence. Some ideas to stay involved include volunteering with a favorite organization, playing an instrument or maintaining your fitness routine.

Stay Clean and Organized - Clutter around the house can lead to unsafe conditions. To help you feel more secure in your home, make sure your living area is clean and organized. Keep floors and walkways clear and install adequate lighting.

Embrace Technology - As technology evolves, it's important to keep in mind that devices aren't just used for entertainment. Cell phones and tablets allow you to stay connected to families through phone calls or even video chats. Plus, having access to a phone allows you to easily contact help in case of emergencies.

Communicate with Your Healthcare Provider - Maintain an open line of communication with your doctor when it comes to your abilities and concerns. By receiving and listening to advice from a professional, you're able to learn ways you can maintain freedom through healthy lifestyle choices.

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Choose Independence at Stonebridge at Montgomery

At Stonebridge at Montgomery, we encourage the highest level of independence possible for residents. Our all-inclusive senior living community offers a carefree, independent lifestyle where you can do whatever you want, whenever you want, alongside the companionship of community life. Plus, [maintenance-free living](#) means we take care of all the housekeeping, outdoor maintenance and safety and security. With the hassles of housework left behind, you have the freedom you need to enjoy the life you deserve.

Residents Jerry and Sheila Berkelhammer share, “We can’t say enough good things about Stonebridge. We are so happy we made the move!”

Come see how you can maintain your independence at our continuing care retirement community. [Contact us](#) today to learn more and schedule your personal tour.