

Is My Loved One Ready for Senior Living?

The holiday season is filled with family fun. From visiting the tree farm and choosing your perfect household centerpiece to baking trays and trays of delicious sweets, traditions surrounding the season are centered around spending time with loved ones.

As we spend more time with family, we may recognize that our parents aren't thriving in the way they should be. They may mention not having the chance to see their friends as often as they would like. Or activities of daily living, like household chores, are becoming too burdensome.

The question may pop into your head: Is my loved one ready for senior living? If you're just beginning the process, don't worry; you're not alone. Experts at Stonebridge at Montgomery are here to answer any questions you have and help you understand the engaging lifestyle that's awaiting at a senior living community.

Options for Senior Living at Stonebridge at Montgomery

When you first begin the journey of finding a senior living community with your loved one, it's important to understand their needs and the level of care they are looking for. At Stonebridge at Montgomery, we offer a variety of options for senior living:

- [Independent Living](#) offers the chance to continue the active lifestyle your loved one has become accustomed to. But with maintenance-free living and a plan in place for the future, there's no need to worry about the little things.
- [Assisted Living](#) is for those looking for a little extra support. Residents are able to thrive in a comfortable, engaging community surrounded by compassionate care.
- Our personalized [Memory Care](#) program offers support for those living with Alzheimer's disease or other forms of dementia. Our staff is specially trained in providing top-quality care services through our innovative Connections program.
- [Skilled Nursing](#) provides 24/7 specialized care from a caring team of medical professionals, allowing your loved one a higher quality of life. Not only will they be supported by compassionate care, but they have their needs met in a

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homelike environment.

Along with these options, we also offer rehabilitation for those who need to get back on their feet following an illness, injury or surgery.

Since Stonebridge is a continuing care retirement community, we offer the ability to change levels of care with all services conveniently located on the same campus. So, if mom and dad are in need of different levels of care, there's no need to worry about additional moves or having to live separately.

A Community that Encourages Healthy Living for Seniors

Living here means living well, not only through the variety of living options, but also through meaningful activities and amenities that go above and beyond those you might expect at a traditional senior living community. [LivWell](#), our award-winning whole-person wellness program, offers opportunities to make days more meaningful.

LivWell is brought to life through our onsite [amenities](#) and [activities](#). Whether your loved one enjoys taking a dip in the indoor pool or taking a structured class, like water aerobics, or would rather showcase their artistic side in the art studio, there are plenty of opportunities to get involved and explore their passions.

There's always something to do at Stonebridge at Montgomery, and we'd love for your loved one to join us.

[Read More About The Importance Of Choosing a Social Community](#)

Explore an Engaging Lifestyle at Stonebridge

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at Montgomery

Interested in taking the next steps to ensure mom and dad are living the most fulfilling life they possibly can? Start the conversation with your parents about [why moving to a senior living community](#) may be the best choice for them. [Contact us](#) today with any questions you may have; our team is here and ready to help.