

Breaking down the Different Senior Housing Options

Before examining the various senior housing categories, it's a good idea to list out all of the daily activities that your loved one needs help with. This will give you a jumping-off point which you can then use to select the best type of housing to fit those needs.

To find the right housing environment, take stock of your loved one's care needs.

There are two main categories of daily activities with which aging adults typically need assistance.

IADLs Instrumental Activities of Daily Living

These activities deal with the day-to-day maintenance of a person's environment:

- * Cooking
- * Doing Laundry
- * Housekeeping
- * Driving
- * Financial Management
- * Medication Management
- * Using the Telephone

BADLs Basic Activities Of Daily Living

These activities involve attending to a person's hygiene, mobility and bodily care needs:

- * Bathing
- * Dressing
- * Toileting
- * Eating
- * Walking/Getting up

