

## Senior Homes in Oakville

Senior Homes in Oakville - Senior housing is an all encompassing term utilized to describe living arrangements that are designed and reserved for individuals above a particular age, usually an age where individuals often go into semi-retirement or retirement. Several different types of senior housing exist and are accessible to seniors with various levels and kinds of need. Throughout history, seniors have traditionally stayed within the family home and were cared for by the younger generations of the family. More recently the trend of senior specific housing designed for older people has become more and more popular around the globe.

When one thinks of senior housing, perhaps the most common thing that comes to mind is a nursing facility, where individuals could no longer care for themselves and require the help of others. Usually, nursing home facilities are for those people who need around the clock supervision or medical care to ensure their safety but do not have medical conditions which are serious enough to need hospitalization. Staff, like for instance nurses, therapists, and even physicians, are available to provide care when required when other issues arise and on a regular basis. At times, different areas of the facility are reserved for patients with similar levels of requirement to make care more efficient and easier for staff members. Facilities are designed for people with mobility issues and employees comprise individuals who prepare and serve meals, people who provide medical care, those who cook and serve meals, people who offer medical care, and staff who keep the facility itself running smoothly.

Assisted living is right for people who could still care for most of their daily requirements but have limited mobility. In this kind of facility, seniors are normally still able to live in a separate suite or home. Meals are available in a common area or dining room, but a few suites may be equipped with kitchenettes or small kitchens so that residents could cook small, simple meals for themselves. Medical experts and nurses could be part of the staff of an assisted living facility to provide basic medical supervision and to ensure residents are taking their medicine on time. For other appointments, such as for shopping trips, group activities and doctor's appointments, assisted living facilities normally arrange or provide suitable transportation.

Other seniors may not have mobility or any health issues that require assistance. For these individuals, retirement villages or communities are an appealing alternative. Normally, people in these communities live in separate apartments or houses in a gated community. Retirees can live much as they would have in their own houses previously, but there are normally common places that can be rented or reserved as required, or could be used for community events and activities. Seniors engage in activities as they please, prepare their own meals and entertain family and friends. Because there are many other people of the same age living in the vicinity of each other, there is generally an atmosphere that supports residents to participate in activities together. Some facilities may even provide recreation areas which offer opportunities for seniors to stay healthy and active as they age.