

Is Independent Living the Right Choice for You?

If you're a member of the "over 65" club, you've likely entered the retirement years. This is the time when people typically begin to think about where they want to live as they grow older. One of the questions you may be asking yourself is whether an independent living community is the right choice. That's usually followed by another question — what is the right age to move into independent living?

Retirement is often imagined as one long vacation — an easy, relaxed lifestyle; delicious meals served in dining rooms; days filled with your favorite activities — and leaving the repairs, housecleaning and upkeep to someone else. The wonderful reality is that you can enjoy all this and more when you move to a luxury independent living community.

A quality senior community offers a lot to appreciate, including creating the relaxed, vacation-like lifestyle you've envisioned in retirement. But perhaps equally important, when the senior living community you choose is also a [Life Plan Community](#) like The Atrium at Navesink Harbor, you also enjoy exceptional peace of mind knowing that, should your health needs ever change, you'll have on-site access to healthcare as well as additional [living options](#) with increased care.

So what does an independent living community provide to its residents? At The Atrium at Navesink Harbor, we make one important promise that's meaningful to every active senior — you won't have to give up what you love about your current life to live here. In fact, the [cosmopolitan senior lifestyle](#) we offer enhances what younger seniors enjoy most.

What are the key benefits of independent living for seniors?

1. Your independence is always a priority. You can continue living independently your way, doing things when you want and how you want. Driving if you choose or taking a free shuttle if you prefer. Enjoying the company of a pet. Locking up and leaving for a getaway weekend.
2. Extras that let you live life to the max. Outside the door of your comfortable,

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well-appointed private apartment, you'll discover just about any activity or class you've ever dreamed of trying. You'll also enjoy conveniences like beauty and barber shop services, complimentary home maintenance, housecleaning and laundry services, and more.

3. Care when and if you need it. While there are many types of senior living situations to choose from, a key consideration should be what level of care will be available if and when you need more assistance. For example, The Atrium at Navesink Harbor believes in aging in place. We fulfill that belief by being a Life Plan Community, which means we offer multiple levels of care to residents — including on-site skilled nursing, in-home care, and rehabilitation care that residents can transition to if health needs change — with no need to leave familiar surroundings or good friends behind.

This could be the time to make the best move of your life.

There's really no time like the present to begin exploring your retirement living options. As an older adult, you want to make the most of every moment and do it your way. You also want to ensure you'll always have the best care available should you need more assistance to maintain your independence. Because The Atrium at Navesink Harbor is [Life Plan Community](#), that peace of mind is guaranteed.

Remember, the best time to move into independent living could be as soon as tomorrow. To learn more, simply complete the [request form](#), and one of our sales counselors will be in touch to answer questions and arrange a tour.