

## Retirement Homes in Armstrong

Retirement Homes in Armstrong - Retirement housing is becoming an increasingly interesting option for the elderly and older adults. Facilities differ significantly in the kinds of housing, level of help available, and amenities provided. Retirement homes or communities could be made up of assisted living programs, independent living quarters, or a combination of the two.

Senior retirement housing which provides independent living is for those people who could still fully or almost fully function by themselves. These facilities are normally close to senior community or activity centres so that the amenities provided can be accessed quickly and easily. They are also usually close to main public transit routes so that transportation is easy also. Normally, independent living retirement homes are structured as private apartment buildings or townhomes.

Nearly all retirement homes are made for seniors who could live independently. Several facilities provide some assisted living programs. The model of living that differs the most from retirement home living is that of nursing homes. Nursing home facilities provide a high level of care and supervision to patients who have debilitating injuries or medical conditions that they could not care for on their own, or cannot be managed solely by a caregiver or family member. Employees and equipment found at a nursing home is often similar to what is found in a hospital. Occasionally, patients are able to stay inside separate, small rooms with their own bathroom and sometimes there is more than one patient in one room, who share a bathroom. There are normally common lounging and eating areas for patients and meals are provided. Depending upon the situation, the patient may need to pay all of the expenses themselves or some financial help could be provided by government subsidies or by the medical insurance of the patient.

The majority of facilities are modestly designed to meet the day to day needs of residents. Depending on the minimum standards in a specific area, nearly all basic retirement home units have a living area, a private bathroom and a kitchen. Many facilities would also have common places for seniors to use such as fitness and recreation areas, game rooms, and meeting rooms. These services can also be offered in assisted living complexes, but they are designed to be friendly for people who are disabled. Although not as common, luxury retirement homes are becoming increasingly popular for those individuals who could afford to pay. These usually have bigger townhome or apartment units with more living space as well as more services compared to the regular retirement home.

Financial assistance can be provided, depending on the income level of the person and the type of facility. Every region and every province are different, but in several locations, low income retirement communities may accept residents based on their savings or monthly pension amount. In other situations, the government might subsidize part of the retirement housing program expense. At times, depending on the kind of facility, local policies, and the financial status of the person, seniors may be responsible for paying all of the costs themselves. It might be worth looking into one's health insurance plan to see if part of the cost could be covered this way.