

## Retirement Home Armstrong

Retirement Home Armstrong - For the most part, people living in retirement housing complexes can independently take care of themselves. In a few cases retirement communities will permit home care companies into the community to help some residents with minor care requirements which they may have. The meaning of a retirement community is not simple, but most communities share some characteristics. These characteristics comprise features such as age restriction, the community should include common amenities and services and individuals must be fully or partially retired.

Since there are different kinds of retirement communities, it could be rather confusing to do some research regarding them. Some of the kinds of communities are congregate housing, independent living communities, subsidized housing, continuing care communities, mobile homes or recreational vehicles, and lifestyle or leisure oriented communities. Continuing care communities offer care as the needs of the individual change throughout life. Subsidized housing is usually available for low-income seniors. Congregate housing is an arrangement where at least one meal per day is shared with other residents. Independent living communities normally provide no or little personal care assistance. Mobile homes, recreational vehicles, and leisure oriented communities are usually targeted towards seniors who are more active.

A senior cohousing is a different style of retirement community that is unique. This kind of arrangement started within Europe and evolved around the idea of intergenerational housing, that has been used by many cultures for many years. It usually involves individually owned units surrounding a common house or common area. Several communities may include living quarters for home health care aids, whose services can be shared among residents. Cohousing residents support and encourage each other and socialize on a regular basis. Communities are designed to make access and activity simple for all levels of physical ability.

The ownership and supervision of how the community is planned and run every day is shared by residents in a cohousing community. Usually, to be classified as senior housing, the age requirement is that at least 75 percent of the residents need to be older than 55 years. Other required characteristics of a cohousing community are that the residents manage the community, there are shared facilities, the residents contribute to the design of the community, there is not a shared community economy, the community is designed to encourage a sense of community, and that all members share equally in the decision making process.

There are truly many kinds of retirement communities to choose from. Hence, people will not have a difficult time finding a community that is within their budget and would meet their requirements.