



The Perks of INDEPENDENT SENIOR LIVING

BY STACIE HAZLETT-ROTHER & LAURA MOSCHETZ

Aging brings change. Though these changes can be good, they can also be difficult. Sometimes people have to face the harsh reality that they can no longer care for the property where they lived for a large majority of their lives. Downsizing can be scary, but making the move to independent living has its rewards and new opportunities for seniors.

Many seniors that can no longer care for their home can still take care of themselves. Independent living is just as it sounds, independent. It does not have the environment of a nursing home, but instead allows seniors the freedom they are used to. They have the ability to make their living space a home, do activities that they enjoy, and leave their home as they please.

Independent living properties can have a variety of amenities that benefit their occupants. Most developments include various services that are more difficult for seniors to do on their own, such as lawn mowing, garbage service, and snow removal. The costly distractions of home maintenance and repair are no longer a worry for them.



Along with the various services and amenities that are included within most independent senior living properties, oftentimes living spaces are single level with no stairs, a private entry, an attached garage, and a washer and dryer within the unit. This allows people to truly live independently and not have to depend on family and friends to help them.

Not all seniors have the luxury of living with a partner, so the ability to be social in a safe and comfortable environment is extremely liberating. Most locations have some sort of community gathering room for social activities that residents can utilize as well. The convenience of neighbors being close by offers safety and security to people who might be living alone—along with the bonus opportunity to make friends that live close by.

CAP Services Inc. has been serving low- to moderate-income individuals throughout northeastern and north central Wisconsin since 1966. Within the two dozen programs that CAP offers is its Rental Housing Program, featuring Independent Living Senior Villages and other housing units. Safe, reliable, and affordable housing has been a cornerstone for CAP's work to serve people in poverty throughout their five-county community—Marquette, Outagamie, Portage, Waupaca, and Waushara.

The 16 senior villages are leased to seniors 55+ at or below 60 percent of the county median income, with some market-level units at several locations.

CAP Services' mission is to transform people and communities to advance social and economic justice. CAP is dedicated to serving seniors and providing them with a quality independent-living environment. To learn more about CAP Services' Senior Villages, call (877) 377-1434, visit capservices.org/rentals, or contact rentals@capmail.org.

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Photographs provided by CAP Services Inc.



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ALZHEIMER'S/ DEMENTIA/ MEMORY CARE

This category is designed to provide information on housing options tailored to the special needs of individuals with memory/dementia concerns. These communities foster secured environments with specially designed programs and regulated care.

Please also see the Alzheimer's & Dementia section for additional resources and refer to the Wisconsin Department of Health Services website at dhs.wisconsin.gov/dementia.

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