

See the Amica Difference

Sometimes moving into a retirement residence can be a difficult decision to make. Here at Amica, we want to help you understand the benefits of community living and provide you with all the information you need to take that next step.

Living At Home Vs. Community Living

	At Home	Community Living
Community Lifestyle	As a senior, living at home can be isolating. You may feel lonely or miss engaging with others.	Every day, there are many opportunities to interact and socialize with others.
Nutrition	Seniors living on their own are less likely to want to cook for themselves or are not eating a balanced diet.	We offer daily-prepared meals created by passionate chefs, nutritionists and a committee of residents.
Chore Free	As mobility is reduced with age, chores and basic household tasks can become unmanageable and a person may tire of the responsibility.	We provide full-service housekeeping with multiple options based on our resident's needs.
Stress Free	Some seniors who live alone may worry about their safety and security, in the event of an emergency.	A retirement residence provides you with support available 24-hours a day and a monitored emergency response system.
Low Cost	Seniors have complex, evolving needs from accessibility, to diet, to managing their health.	We offer flexible services that are customized to your needs.

At Home

Community Living

Active Life

Seniors may neglect needed physical fitness, which can lead to more serious health issues in the future.

We offer a team of trained instructors who lead exercise programs developed for seniors, strength-conditioning equipment, and Aquafit in communities with a pool.

Social Living

Seniors often find it difficult to get out of the house for recreation and events, which leads to feelings of isolation.

We have a full schedule of enriching activities and offer transportation for trips outside of the community.

Monitoring Your Wellness

Health needs grow increasingly complex as we age and maintaining control over wellness can turn into an unwieldy task.

We provide the means to support seniors in managing their health and wellness in a variety of ways and for various conditions.

Independence

The stress of everyday chores and the guilt of feeling like a burden to family can leave seniors feeling exhausted or unhappy.

We provide all the daily help and support your loved one needs so they can gain a new sense of self-esteem and independence.

Peace of Mind

Research has found that people may neglect their own health and suffer from undue stress as a result of caring for family members and loved ones.

We offer the peace of mind that comes from knowing you or your loved one will be in good hands so you can both enjoy your relationship together and have the freedom you want.

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