

7 Benefits of Keeping Couples Together in Assisted Living

From the moment your parents met, they were inseparable. They used to tell you stories about all the things they used to do together and the places they used to go. But now, their differing care needs are making it harder for them to continue the lifestyle they've always enjoyed together. A move for mom is imminent, and dad is beside himself because he may have to live apart from her for the first time in years. What do you do when a situation like this occurs? Do you simply allow your parents to be separated or do you find a solution that can keep them together?

After being together for such a long time and building their lives together, the idea of living apart can cause them to become emotionally distressed. After all, they promised "in sickness and in health." In order to make loved ones the healthiest and happiest they can be, it's important to realize the benefits of keeping them together and discover ways to do so.

The Benefits of Keeping Couples Together in Assisted Living

Before choosing an assisted living community where your loved ones are not able to stay together, think about the numerous advantages of keeping couples together in assisted living.

- **It strengthens their bond.** Not having to move away from each other allows couples to continue growing in their experiences and their relationship.
- **They get support from each other.** By never having to spend a day without their spouse, they are able to communicate and gain strength from each other.
- **There are plenty of things to do.** Couples in assisted living can participate in the community's programs and events together, allowing them to continue having fun together.
- **They can each still care for each other.** When a spouse has simple needs that don't need the attention of nurse, their spouse can still help to care for them, making them feel useful and as though they are helping to keep their loved one happy.
- **Worries about increased care needs diminish.** Many assisted living communities offer different levels of care without ever needing to move, and, if the other spouse begins to need more care, they can still remain together.
- **They can focus on their relationship again.** Without needing to worry about being a full-time caregiver, couples can begin to put their relationship as their main focus again.
- **Decreases the risk of depression.** Separating couples can cause them to both become increasingly depressed and stressed out, which can cause their health to rapidly decline. By moving to an assisted living community together, this risk decreases.

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