



Ways Senior Care Can Make You More Independent.

Most people associate senior care communities with losing their independence—this could not be further from the truth. These communities are designed to support and grow each resident's independence! Residents often discover a new sense of freedom, partnered with an even better quality of life.



Senior care helps people get out of the house

Older adults may have difficulty leaving their homes or may not be able to find a reason to leave their homes.

Senior care communities have an abundance of opportunities for residents to leave their homes and participate in the community. A trained and dedicated team is there to aid with transportation around the community and mobility.

Cooking made easy

Older adults may have trouble cooking or grocery shopping. With senior care that is a thing of the past. Many senior care communities have dining programs with nutritious and varied menu options. Communal dining rooms are just another opportunity to be social and connect with other members of the community.

Social connection

Senior care communities have no shortage of social events, activity options and opportunities to build friendships. In a senior care community, residents have the option to be alone or to be social, depending on their preferences. They can also get involved in crafts, theater or discover a new passion! There is always the opportunity to socialize and make new friends. The freedom and independence of pursuing passions, learning something new and making new connections is good for all older adults' emotional and physical well-being.

Independence without the risk

While senior care does foster independence, nurses are available around the clock to provide support when needed. Assistance is also available should a resident need help with dressing, bathing, medications and much more. What's great is that the support residents find in senior care is designed to promote independence, provide peace of mind and empower each resident. It's easier to be independent when you have fewer things to worry about!

About Lourdes Noreen McKeen

Lourdes Noreen McKeen in West Palm Beach, FL is committed to providing compassionate care that encompasses their physical, social, psychological, emotional, and spiritual needs. Our services include independent living, assisted living, skilled nursing, and rehabilitation, and our community offers nearby shopping and entertainment, wonderful and nutritious dining options, and a multitude of classes and opportunities to socialize. Lourdes Noreen McKeen's senior care experts are ready to answer your questions and connect you with the right services at the best time for you.



To learn more or schedule a tour, call 561.655.8544 or visit: www.lourdesmckeen.org
315 South Flagler Drive
West Palm Beach, FL 33401

Independent Living – What is independent living?

Independent living is tailored to the individual who is looking for a lifestyle like their current one with less maintenance. House chores are a thing of past with this new style of living. You or a loved one has more time to pursue hobbies and be social.

1. What health care services are provided on campus?
2. What amenities and activities are offered? Weekly cleaning? Laundry?
3. What happens when I need additional services?
4. What are my options for apartments?
5. What is the cost of your community?
6. How does the facility communicate with families about a resident's well-being?
7. Do apartments have full kitchens? Is there a central dining room?

Skilled Nursing – What is skilled nursing?

Skilled nursing is when an individual requires 24/7 assistance, including care each day that must be performed by a licensed nurse. A skilled nursing community can offer a range of medical care services.

1. What medical care options do you offer?
2. How much input does a loved one have on the care being received?
3. What is the cost of skilled nursing? What insurances are accepted? Are private rooms available?
4. What will a typical day of care entail?
5. What is the visitation policy?
6. What is the ratio of staff to residents during the day/night?
7. How does the facility communicate with families about a resident's well-being?
8. What activities and amenities are available?
9. What is the CMS 5-Star rating?

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