



Which Lifestyle Option is Right for You?



Choosing the right living setting for you or someone you love is a significant decision. When deciding, it's key to think about factors like location, amenities, and care levels to find the best fit for what each individual needs.

Fox Ridge Luxury Senior Living created this guide to walk you through the main aspects of independent living, assisted living, and memory care. By evaluating the individual characteristics of each lifestyle option, you can make an informed decision for yourself or your family.

Independent Living	Assisted Living	Memory Care
Designed for individuals looking to maintain control over their daily schedules and lifestyle choices.	Designed for individuals who need support with daily tasks, receiving care tailored to their needs.	Designed for individuals living with memory-related conditions who need additional support and attention.
Opportunities to engage in various clubs, events, and social programming that promote interaction and community bonds.	Frequent events and organized activities promote social engagement, helping residents build friendships and a sense of belonging.	Tailored programs are developed to stimulate cognitive function and memory recall, encouraging mental engagement and fostering a sense of accomplishment.
Fox Ridge offers quality, anytime dining so residents can savor delicious, nutritious meals prepared by our talented culinary team.	Dining services provide balanced and dietitian-approved meals, ensuring residents' nutritional needs are met without the hassle of meal preparation.	Nutritionally planned meals cater to the unique dietary requirements of residents to support their health and well-being.
On-site amenities such as fitness centers, libraries, and gardens provide easy access to leisure and wellness programs.	Purposeful amenities in safe surroundings with 24/7 supervision that residents can enjoy to socialize or relax.	Spaces designed to prevent wandering and ensure the safety of residents, providing secure access points and constant supervision.

Taking the step towards a new living situation can feel overwhelming, but you don't have to do it alone. Reach out to our team at Fox Ridge today to discuss your situation and explore the best lifestyle option for you!

