



Senior Living Communities

LOCATIONS IN:  
Cheektowaga (716) 608-7000  
Lockport (716) 433-7626  
North Chili (585) 293-2060  
North Tonawanda (716) 475-7600

[www.depaul.org](http://www.depaul.org)

## TEN CAREGIVER MYTHS

*Aging is a journey that can come with new challenges, but it doesn't mean giving up comfort, joy or independence. Here are some common myths about aging and how our senior living communities can provide support to enhance quality of life.*

### **Myth #1: Mom's diet is as balanced as ever.**

**Reality:** With age, preparing nutritious meals can become more challenging, but in our senior living communities, residents enjoy three nutritious meals approved by a registered dietitian, as well as an evening snack - no cooking required!

### **Myth #2: Dad takes care of his personal hygiene just fine.**

**Reality:** Bathing or showering can become difficult without support. At our senior living communities, residents can receive assistance with the activities of daily living, allowing them to maintain their dignity and ensuring they always feel fresh and comfortable.

### **Myth #3: Mom still manages the laundry and keeps the house tidy.**

**Reality:** Household chores can become physically taxing as energy levels change with age. We provide housekeeping, laundry and linen services so residents can feel at home.

### **Myth #4: Dad keeps his apartment organized.**

**Reality:** As eyesight and memory change, items can get misplaced more often. Our homelike communities include organized living spaces, and our staff is here to assist.

### **Myth #5: Mom is still socially active.**

**Reality:** It is easy to feel isolated when mobility or hearing becomes a challenge. Our welcoming communities offer a variety of social events, group activities and excursions that foster connection and new friendships.

### **Myth #6: Mom is able to enjoy her hobbies and interests.**

**Reality:** It can be difficult to get to the store to purchase supplies or attend activities at the local senior center. We offer a full schedule of life-enriching activities including crafts, baking and more.

### **Myth #7: Dad takes his medications correctly.**

**Reality:** Managing medications can be complex. Our team provides medication assistance and administration so residents and their families can have peace of mind.

### **Myth #8: Mom stays warm enough in her home.**

**Reality:** Adjusting the thermostat or worrying about bills can be stressful. With our all-inclusive services, there are no hidden charges. This allows you and your loved one to enjoy their golden years without worrying about the cost of upkeep on a home.

### **Myth #9: You can always be there when Dad needs help.**

**Reality:** Balancing caregiving with your own family and work responsibilities can be overwhelming. We provide compassionate care 24/7 so you can be confident that your loved one is receiving the highest quality services.

### **Myth #10: Mom is perfectly happy at home alone.**

**Reality:** Even the most independent seniors can feel lonely at times. Our communities bring joy, companionship, and a sense of belonging, so every resident feels truly at home.

*Are you ready to see how we can help your loved one live their best life?  
Call today to schedule a tour to experience our welcoming communities firsthand.*