



ASSISTED LIVING AT AMERICAN HOUSE

As your needs change, your home doesn't have to. American House offers various levels of assistance for those who need it.

Assisted living is a great option for individuals who do not require extensive care, but have difficulty with performing daily activities at home. Peace of mind comes to individuals knowing they are free to live an independent lifestyle, but can also receive support with things like meals, laundry, outings and more.

American House communities can provide assistance with meals, laundry, medication reminders, physical therapy, Activities of Daily Living (ADL) and more. Residents who need additional assistance can choose services a la carte, or our third-party, health care provider can help you create a custom care plan.

A Day in the Life of an Assisted Living Resident

My name is Henry and American House is my home!



YOUR STORY. TO BE CONTINUED.
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SENIOR LIVING COMMUNITIES



20-AH-11K-5738

ASSISTED LIVING AT AMERICAN HOUSE (CONTINUED)

In the mornings I need a bit of help to get ready for the day, and I have someone who comes to assist me. The caregivers come to my apartment and lay out my clothes and help me get dressed.

I don't walk as steady as I used to, and having the extra set of hands is always comforting. After I'm done getting ready I head down to breakfast on my own, and I always make it a point to stop by the concierge desk and pick up the activity schedule for the day. Bingo is my go-to and everyone claims that I'm lucky because I win quite often!

I love music, so I joined American House's choir and we meet twice a month. We travel to perform at local schools, senior centers, VA hospitals and other places in the surrounding community. I always keep an eye out for when we have live musical entertainment coming to my home too. Friday's are my favorite! We have happy hour and there's usually a musician there.

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