

# Five Star Global Resources Australia Pty Ltd. Offers A Good Choice for Seniors

Pg 1/3



When considering where to live during your retirement, the choices can be overwhelming. Begin by assessing your personal goals and desires. Consider location, renting vs. owning, social and recreational activities, transportation and possible medical needs.

Retirement homes are often a good choice and are generally multi-residence housing facilities intended for senior citizens.

## What Retirement Homes Offer

Typically, each resident or couple has a private apartment or suite but retirement homes also often include a community dining room, gathering spaces, transportation, recreation both inside and outside of the building, and assistance with both daily living and possible medical needs. Payment may be on a rental basis or units may be purchased, similar to a condominium.

Retirement home locations are increasing, as are the amount of amenities they offer as more people see the advantages or making a move while they have many years to enjoy social and recreational activities. Retirement homes are attractive because they offer freedom from the responsibilities of home ownership as well as peace of mind for possible future medical needs.



# Advantages of Living in a Retirement Home



The primary advantage of a retirement home is security. Knowing that you can continue to enjoy [independent living](#) in an attractive, safe environment offers peace of mind to many people.

Consider the following reasons when deciding whether a retirement home might be right for you:

- **Freedom from home maintenance** and repair becomes more attractive during senior years.
- **Downsizing** offers an opportunity to consider which possessions are really important to you, rather than leaving this task to adult children at a point when you may be unable to do so.
- **Social connections** are vital to personal well-being and become more so as seniors leave careers.
- Many homes specialize in **restaurant-style catering**. Plans can include one, two or three meals a day. Private apartments include kitchens or kitchenettes for those times you want to cook, entertain or just be alone.
- **Recreational activities** are often available. These include exercise programs, social gatherings and planned outings. Many retirement homes employ trained activity directors. Because seniors are learning the value of physical activity, these residences are offering pools, walking trails and well-equipped gyms.
- **Mental stimulation** is readily available. Informal game tables are commonplace and movie nights are fun attractions. Speakers, classes and seminars are scheduled in most buildings, as well as trips to those events.
- **Transportation** is often available for trips to the store and any medical needs.
- A variety of **professional services**, including housekeeping and laundry service, a beauty salon and visiting medical personnel are often available.
- **Assisted living services** for those who need help with [activities of daily living](#), medical security or possible [memory care](#) needs are provided at some homes.
- The choice of **privacy or social interaction** most hours of the day in a setting of security is one of the overall benefits of living in a retirement home.

Many people entering their retirement years proclaim they “will never leave their homes” and for many, that will be the right decision. But at least considering the benefits of a retirement home should be a part of planning for a long and fulfilling retirement.



# The Advantages of Retirement



Retirement marks the end of a person's working career, but retirees in recent decades have radically redefined what it means to be retired. Today, retirees are often active in a variety of areas and may even pursue part- or full-time employment after leaving behind a career of many years. Whatever form it takes, there are several major advantages of retirement.

## Stress Reduction

- Jobs are a major source of stress for many people, and retirement may offer relief. By removing the need to perform to a high standard and meet specific targets, or the anxiety that may come from interacting with superiors and customers, retirement can be good for a retiree's mental and physical health.

## Health Benefits

- Because it usually occurs late in life, retirement is often associated with a time of poor or fading health. However, retirees have more time to sleep, exercise and choose or prepare healthful foods--making retirement an opportunity to actually improve overall health. Many retirees take up an athletic hobby, such as golf or walking, which can easily be carried over into later life and promote longevity.

## Philanthropy

- Many retirees use their new-found free time and accumulated wealth to become involved in philanthropic activities. From making charitable donations to serving on the board of a community foundation, this type of activity provides a chance for retirees to use the skills and experience they developed over the course of a lifetime to meet the needs of the community.

## Family Involvement

- Retirement offers the advantage of allowing more time and energy to spend with family members. The classic instance of retired grandparents serving as babysitters is only the most common example. Retirees can use their new lifestyle to spend more time with adult children, distant family members, retired siblings and close friends.

## A New Lifestyle

- Finally, retirement has the advantage of being one of the few times in life when many people can freely rearrange their lifestyle and its priorities. Spending more time on a hobby, following an intellectual pursuit or traveling can define an entirely new way of life, especially if a career dominated much of a person's time commitments prior to retirement.



For more information and advanced booking please contact us on Whatsapp +60 11 3790 4055

## Five Star Global Resources Australia Pty Ltd.

225 Fullarton Road, Eastwood, South Australia, SA 5063 Australia.

Australia Tel: 1300 ABN ABN / Malaysia Tel: 60 11 3790 4055 – email: [fivestarglobalresources.au@gmail.com](mailto:fivestarglobalresources.au@gmail.com)