



# Silver Ridge Assisted Living Offers Tips on Transitioning a Loved One to Assisted Living Colleyville

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COLLEYVILLE, TX, USA, August 15, 2013 /EINPresswire.com/ -- Transitioning to an assisted living facility can provide a more independent way of life for an aging loved one. Silver Ridge Assisted Living offers tips to select an assisted living facility in Colleyville that attends to the complete comfort of an aging senior citizen.

Although it isn't easy to decide to transition an aging parent or spouse to [senior care in Colleyville](#), it may be necessary for those seniors that need help with daily activities, such as cooking, housekeeping, and personal care. In addition, caregivers at home may be unable to cope with the stress and frustration that can come from caring for an aging loved one at home. More than 60% of caregivers report high levels of stress and symptoms of depression.

[Assisted living in Colleyville](#), TX, such as at Silver Ridge Assisted Living, provide seniors with the comforts of home with the benefits of the care that they need to thrive. Since enjoying good food is one of the pleasures of life, trained chefs prepare nutritious, tasty meals that meet the specific dietary needs of each individual. Community dining areas and recreational activities provide ample opportunities for socialization that leads to thriving friendships.

Many senior residents also benefit from choosing an assisted living community in Colleyville that provides seniors with the opportunity to exercise their minds and their bodies. Communities for senior care in Colleyville often have comprehensive exercise programs and classes tailored to the unique needs of the aging population. These program maximize seniors' functional abilities while promoting a sense of community that your aging loved one may enjoy.

For an aging loved one that doesn't need the constant medical care and supervision that a nursing home provides, transitioning to an assisted living facility in Colleyville can provide a more independent way of life. To learn more, visit <http://www.seniorcare-colleyville.com/>

About Silver Ridge Assisted Living

Silver Ridge Assisted Living in Colleyville TX carries out daily fun activities and programs with compassion and care. To learn more, visit <http://www.seniorcare-colleyville.com/>.

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