



What To Look for in a Senior Living Community for Someone With Obesity

Many communities offer services and amenities to help seniors with obesity reduce their risk of chronic disease. Use the list of questions below to find a local community that has the resources needed to help residents lose weight safely and stay as active as possible.

Nutrition Programs & Amenities

How many dining rooms or on-site restaurants does the community have?

Do residents have access to all-day dining, or do they have to eat their meals at certain times?

Can residents access meal options, such as low-salt, low-sugar, heart healthy, kosher, or vegan?

Does the community offer made-to-order menu items?

Does the community have healthy snacks available outside of scheduled mealtimes?

Does the community offer classes to help residents understand their nutritional needs?

Are cooking demonstrations or other special events offered to help residents make nutritious choices?

Does the community provide meal plans specifically for residents trying to lose weight?

What steps does the community take to ensure meals are prepared according to each resident's dietary restrictions?

Does each apartment have a full kitchen to make it easier to prepare and store healthy meals and snacks?

Are the dining facilities clean and inviting?

Does the food served in the dining room look and smell appetizing?

Are menus posted where residents can easily access them?

Do residents appear to enjoy the food they're served?

Fitness Programs & Amenities

Does the community have an on-site fitness center?

Is the community located near parks, walking trails or other places for seniors to exercise?

Does the community offer group exercise classes?

Are any tennis courts, indoor/outdoor swimming pools, or other outdoor fitness areas available?

Does the on-site fitness center have equipment made specifically for seniors with obesity or other conditions that could make it difficult to exercise safely?

Is an employee on duty at the fitness center to monitor residents and render first aid if needed?

Rehabilitation Services

Do residents have access to on-site physical therapy to help them improve their physical functioning?

Does the community offer occupational therapy?

If the community doesn't offer on-site physical or occupational therapy, is transportation available to a local rehabilitation center?

Staffing

Is a nurse available to provide weight loss advice?

Is a doctor available to determine whether the resident is healthy enough to exercise?

Does the community have a registered dietitian or nutritional consultant available?

Community Policies

Does the community have a nondiscrimination policy in place to protect residents?

Are residents allowed to give input on meal plans?

Does the community allow family members to dine with residents?
