

“Living on my own has been a journey of independence that began when I was 35 years old. Over the years, I've lived in various places, but it's my current apartment that truly feels like home.



Nestled in a safe and secure environment.... The key to my independence lies in the support I receive from home care, which ensures I can manage on my own terms.”



“The beauty of living independently is the freedom it gives me. No longer do I have to answer to anyone or seek approval for my decisions, whether it's how I spend my money or when I come and go.

It's empowering to have the autonomy to navigate life on my own schedule while knowing I can always reach out for assistance when needed. In my supportive building, neighbors readily lend a hand, fostering a sense of community that enriches my independence.”



“In my own home, I decide the rhythm of my life, from welcoming guests to enjoying a quiet space of my own.

My home is a sanctuary.... It's a haven where I am free to express myself fully and embrace the joys of independence.”

