

The Importance of Indoor Air Quality for Prospective Residents of Senior Living

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The importance of indoor air quality (IAQ) in senior living and care has received a lot of attention over the past few years. Even before the pandemic, owners and operators were beginning to take notice of the effect that air quality can have on senior living residents.

Although IAQ affects everyone, research shows that **older adults are particularly susceptible** to the health risks associated with poor air quality due to the aging body's decreasing ability to compensate for the effects of environmental hazards. Air pollution, which can be **two to five times worse inside** than outside, can aggravate existing chronic health conditions common among seniors, including asthma, lung disease, chronic obstructive pulmonary disease, diabetes and heart disease, in addition to negatively **affecting cognition**. **Ventilation**, on the other hand, can positively affect sleep quality.

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