Since its establishment in 1981, the Assisted Living movement has redefined elderly housing in America. Assisted Living is an elderly housing concept designed and maintained around the idea of holistic wellbeing and the safeguarding of independence. It espouses a delicate balance of assisting seniors with daily tasks while allowing them to live in their own apartments. Little research, however, has been conducted on the ways in which Assisted Living maximize quality of life and the aging experience. Specifically, the balance of independence and care may be an unattainable and overly idealistic goal. This thesis suggests that residents of Assisted Living facilities are members of a quasi-community where physical independence is safeguarded at the expense of promoting social activities and empowering residents to make their own decisions. This thesis argues for the implementation of participatory planning techniques that include residents in the decision-making process. Encouraging agency and voice would have the dual effect of maintaining resident independence while fostering community participation.