

There's No Place Like the **Home** You Love



There are many challenges, from physical to mental, that could cause issue with remaining in the home you love as you age. What should you do when you need care beyond what you can provide yourself? Understanding the resources that are available to you is important to ensure that you never feel like a burden to your family and friends.

Staying Social

Keeping up with family and friends is important to maintaining your health and wellness. Ensure you're still scheduling time with them by meeting up somewhere in town or hosting them at your home for a fun evening. If your family and friends no longer live close, finding a senior center or other weekly hobbies or activities that you enjoy doing will help you expand your social circle and make new friends.

Bill Payment

As you grow older and your schedule becomes less full, days may tend to blend into one another and you might lose track of time and what day it is. Using online bill scheduling can ensure that you never miss a payment on things like the electric, gas and water bills. And, a financial counselor that you trust, or someone from your local Area Agency on Aging can help decipher some of the more confusing doctor's office bills for you if you find them difficult to understand.

Homemaking

While you may still enjoy doing some chores around the house, when they become overwhelming, investigating housecleaning, landscaping and even laundry companies can help alleviate the burden of some of those everyday tasks.

Food

Not only could food shopping and cooking become hard, but eating alone if you've lost your spouse can be a strain as well. To tackle the food shopping dilemma, many grocery stores offer online ordering options that include easy pick-up or delivery. And, there are applications for local restaurant delivery and programs such as Meals on Wheels to provide a hot meal when cooking is just too hard. Finally, look into your local senior center, church or religious center to see if they serve meals nightly to provide social opportunities while enjoying a hot meal.

Health Care

Taking your prescribed medicine every day is important to ensuring that whatever manageable condition you may have doesn't become uncontrolled. However, this could become more difficult to remember as your days become less structured. Ask your pharmacist, family or friends for their recommendations on which reminder devices may be helpful for the way you live your life.

Getting Around Town

If you're not comfortable driving your car any longer, there may be services that your town or local senior center offers to make getting to and from the places you want and need to go easier. Volunteer escort services may also be available, as well as lower-priced public transportation and taxis in your area. You may also be able to talk to your neighbors or family to catch a ride with them when they run their own errands like grocery shopping or going to the mall.

Moving Within Your Home

If walking is becoming difficult, or you're feeling unstable, it might be time to consider a walker, electric chair or scooter. Medicare may cover part of this expense. Installing things like a chair lift in multi-level homes, exterior ramps and safety bars in bathrooms may also help you get around in your home more easily.

Safety

Everyone remembers the "help I've fallen and can't get up commercial." However, as you age, you realize this scenario can become more and more of a reality, especially if you live alone. Getting an emergency alert button or carrying a charged cell phone on you at all times can put your mind at ease and ensure you're safe, regardless of the circumstances.

Personal Care

If doing daily tasks such as washing your hair or getting dressed begins to become harder and harder, there are services available to help you out for short periods each day.

In-Home Care

If you've just gotten out of the hospital and need in-home nursing care for a short time, these services may be covered by Medicare.

Making Life Easier

From making your home smarter with devices like Amazon Alexa and Google Home, to simple devices that help you put on your socks when that gets hard, there are hundreds of thousands of devices available to make your life easier as you age. A great resource to find solutions and devices to help solve all kinds of problems is www.abledata.acl.gov.

This piece has been sourced from the National Institute on Aging



No matter what problems you may encounter as you age in the home you love, there are likely solutions available. With a program like Envisage, you won't be alone in your search for solutions. Your personal wellness & care coordinator can do all of the research for you, and coordinate any services you may need so that you can stay in your home without a second thought.

Learn more at www.Envisage.org


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