

THE FAMILY CAREGIVER

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AGING AT HOME: WHAT MOST SENIORS WANT

We've always told our families that giving a loved one the ability to age at home is one of the greatest gifts a person could give. Aging at home means maintaining an independent lifestyle, being around familiar surroundings, keeping close ties to the community and friends, and enjoying one's own quality of life. However, aging at home doesn't just happen. It requires planning ahead, being resourceful, and calling on others to help. Below are the different kinds of services available to help seniors age at home.

1. Personal Care Services. home health aides, certified nurse's aides, personal care aides.
2. Homemaking/

Companion. Caregivers that do chores, grocery shopping, laundry, meal preparation, transportation, etc.

3. Meals. Food delivery services, meals on wheels.
4. Money management. Daily money managers help pay bills, insurance, and ensure that you're on track.
5. Healthcare. Do you forget to take your medicine? There are devices available to remind you when it is time to take it.
6. Assistive technology. Is it getting harder to turn a door knob, get out of a chair, or put on your socks? There are things

available to make these activities and many of the other things you do during the day easier.

7. Getting around at home and in town. An electric chair or scooter could help you stay mobile.
8. Activities and friends. Are you bored staying at home? Try visiting a local senior center.
9. Safety. Are you worried about crime in your neighborhood, physical abuse, or losing money as a result of a scam? Talk to your local Area Agency on Aging. You might want to get an emergency alert system.
10. Care away from home.

Adult day care outside the home is sometimes available for older people who need help getting around or caring for themselves.

10. Housing. Does your home need a few changes to make it easier and safer to live in? Think about things like a ramp at the front door, grab bars in the tub or shower, nonskid floors, more comfortable handles on doors or faucets, and better insulation.

First, think about what your loved one's goals are for the future. Then start planning ahead to ensure those goals are achieved. There are many ways to age at home as long as you stay resourceful and prepare for the challenges.



RESOURCE OF THE MONTH

Trisha's Top To Bottom housekeeping service provides residential and commercial cleaning throughout Long Island. The owner, Trisha, does a customized cleaning plan for each customer and boasts rates that are half the price of most

other cleaning companies. Other benefits include a tailored checklist for each client with their own specific cleaning needs, quality assurance pop-ins, bi-weekly and monthly services, and one time heavy duty cleaning jobs. Trisha's Top To Bottom has been in

business for 17 years and the experience shows. Trisha has a professional, methodical approach that ensures her clients that her and her staff will get the job done. For more information call 631-258-2358.



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