



# Independence for Seniors

It can often be difficult to watch a parent, grandparent, or loved one age. Families face many transitional challenges when it comes time to care for an aging loved one. The necessary caregiver tasks are often time-consuming, emotional, and financially challenging. However, the vast majority of seniors would choose to be taken care of in their own home rather than a nursing home and would prefer to receive assistance from trusted, familiar faces.

Maintaining some independence is often the key to quality of life as seniors age. Caregivers and family members can eliminate most of the risks seniors face by living independently by taking the right precautionary measures and assisting them with more difficult tasks.

## How do I help seniors live independently?

Family members and caregivers can aid in maintaining the independence of seniors by reducing the risks of living alone. This occurs by ensuring that hazards within the home are reduced, that difficult or physically-taxing tasks are made easier by using delivery services or planned assistance, and including regular socializing and activities.

## Take Home Safety Precautions

Many accidents at home can be prevented. Some accidents, such as falls, can have devastating results for seniors. Taking precautionary safety measures around the home can prevent these injuries. Some easy safety changes are:

- Adding bathroom railings
- Lowering shelves or placing items on lower shelves for easy access
- Removing clutter and clearing pathways through rooms and on stairs
- Providing extra lighting to bathrooms, in the kitchen, and on stairs
- Installing a home security system or digitally-controlled lights and thermostats via remote or computer

## Reduce Difficult Tasks

For some elderly loved ones, driving can be challenging, so basic necessities will need to be provided. Consider having your loved one do their shopping online so that items or groceries can be delivered to their doorstep or placing items in convenient, easy-to-reach locations inside the home to eliminate strain or falls.

## Maintain Interests & Socialization

Elderly loved ones want to continue to be independent, but can often feel lonely as they age and are unable to do the things they used to love. They still need the compassion of their families, friends, and loved ones.

Some tips to help with loneliness are:

- Arranging weekly activities such as trips to the park, water aerobics, or games with friends
- Visiting your elderly loved one as much as possible or using video or phone chat features to check in with them regularly



**SENIOR SOLUTIONS  
HOME CARE**  
CARE MANAGEMENT + PERSONAL CARE

## How Our Home Care Team Can Help

We provide seniors a range of personal care services to promote health and independence, and to make it possible for the elderly to age where they want to age – at home.

Our services are available 24 hours a day, 7 days a week – including weekends and holidays. With our personalized care plans, our clients choose the amount of time and type of care they prefer.

### Home Care Services

*Our services may include but are not limited to:*

- Provide assistance with activities of daily living
- Assist with exercise and mobility
- Light housekeeping and organization
- Client supervision inside the home
- Meal preparation to maintain nutrition and prevent kitchen accidents
- Transportation to errands and medical appointments
- Social stimulation to combat loneliness / depression
- Respite for family members

### Care Management

*Our services may include but are not limited to:*

- Initial assessment and routine evaluation to develop Plan of Care
- Coordination, communication and collaboration with care team and family
- Provide education about treatment options and serve as a resource to client and family

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