



# 5 Things Aging Adults Need in Order to Stay Home

Caring for your aging or ailing loved one can put you in a difficult spot. They need help, but you're not ready for them to leave their home - and neither are they.

With proper care, they can remain at home and even thrive. Here's everything they need to succeed.



1



## Personal Care

If your loved one has lost independence, a personal care attendant can be their #1 resource to thrive at home. Attendants provide companionship, help around the house, keep track of medications, and can provide transportation to doctors appointments or care centers.

Our personal care attendants, registered nurses and licensed practical nurses are trained in wound care, diabetes management, and IV lines to provide all levels of care at our care centers or in-home.

2



## Continuous Physical Activity

Muscle mass can decrease as we age, which is why it's important to stay active. Regular exercise can reduce the risk of chronic disease, lower the chance of injury and improve one's mood. Whether it's a simple walk or rehabilitative therapy, it's important to *continue* a regimen because without a continuous effort, the results won't last.

MIND & MOBILITY offers UNLIMITED access to our care centers where members receive one-on-one sessions with licensed physical therapists and occupational therapists. We regularly collect health data including heart rate, blood pressure and blood oxygen levels, and contact the member's physician if there are any concerns.

3



## Daily Mental Stimulation

A puzzle or game of memory may seem like just a bit of fun, but activities that require the brain to recall information can improve cognitive function. These along with other brain teasers and "mental workouts" can help fight cognitive decline.

Our therapeutic programs at our care centers are designed for individuals with memory impairment and provide a combination of physical and cognitive stimulation exercises.

4



## Emotional Support

We all need someone to talk to, especially when we're feeling down. Did you know 9 out of 10 adults over the age of 75 will suffer from some level of depression? Finding professional help can mean a world of difference in the healing process as they struggle with the realities of aging or deaths of other loved ones.

Our care management services are coordinated by licensed clinical social workers and provide resources to allow members to continue to live at home. Counseling for our member's families is also offered.

5



## A Sense of Community

It gets tougher as we get older to bust out of our shell (and our homes) to enjoy social interaction. Finding a community and participating in enriching activities can feed the soul and it's scientifically proven to protect against illness by boosting the immune system.

THE MIND & MOBILITY CENTER is a focal point of care. We offer fellowship with others by sharing common attitudes, interests and goals. Our physical therapists and caregivers care for the whole person using a holistic approach, addressing cognitive, social, physical, emotional, spiritual and vocational needs.

**FACT**

These five factors are equally important in enabling your loved one to thrive at home.

To learn more about the services and offerings at MIND & MOBILITY, visit [MINDANDMOBILITY.com](http://MINDANDMOBILITY.com).

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