

Senior Matters

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Making Senior Services Decisions

American families are no longer like those of our parents and grandparents. Adult children are busy with their careers, their own children and a multitude of demands very different than those faced by their parents. Often, they live many miles from their parents and are not able to provide the daily attention often needed. Furthermore, their parents are enjoying the fruits of medical breakthroughs that have led to much longer lives than those of their ancestors. These adult children and their parents are increasingly making decisions that lead them into the world of senior services.

There are many more choices available today than ever before. Seniors and their families can choose independent living communities, assisted living facilities, nursing facilities or full-service retirement communities that combine all of these options. An exciting trend, perhaps as a result of greater wealth available to seniors than ever before, is the use of recreational vehicles (RV's) and travel trailers. Also available are home health and community-based services that provide care in a senior's own home. Seniors can make these choices based on their resources and the lifestyle most appropriate for them.

Seniors and their families often consider the opinions of a variety of experts, such as attorneys, physicians, accountants or ministers. Senior services can be expensive, so careful planning and the consideration of advice from consultants is important. Some options are not available to everyone. For instance, if a person's medical condition requires specialized medical care; independent or assisted living may not be an option.

There are many benefits of living in a community or facility designed to serve seniors. One of the greatest advantages, in my opinion, is being among people with similar interest and experiences. I have encountered seniors who have become near recluses, failing to properly eat or sleep and suffering needlessly at home alone. Being with others of the same age or even becoming involved in activities that encourage a person to get outside of their own lives and problems can add years and pleasure to a person's life. Whether in an apartment complex with other seniors or in a mega-retirement community, it is important to be with others.

If you would like more information, please contact me at Holly Hall. I am happy to assist you in any way possible.