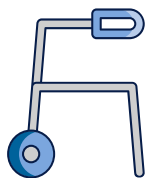


Most people want to stay in their homes as they age. However, older adults living alone have a unique set of concerns to consider to age in place. In the U.S., 27% of adults ages 60 and older live alone.¹ Difficulties with mobility and health conditions are major factors that contribute to a loss of independence. Review these 7 considerations with your older adults to help them age in place.

1 Activities of daily living (ADLs)

Aging adults may face challenges in bathing, toileting, dressing, eating, and mobility. Assistive devices such as grab bars, shower chairs and mobility aids should be considered to provide additional safety and independence.



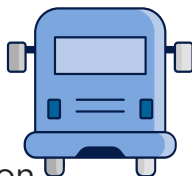
2 Food & meals

Nutrition is essential to maintaining strength, balance, and managing chronic conditions. Help your older adults make a plan to address any challenges to obtaining food due to physical limitations or limited access to grocery stores.



3 Transportation

40% of seniors can't complete chores or participate in activities because they don't have adequate transportation, which can lead to social isolation or depression. Help your aging adults find a way to access essential services.



4 Medication management

Almost 90% of seniors take at least one prescription drug while 80% take two and 36% take five or more.² Encourage your older adults to consider an automated medication dispenser.



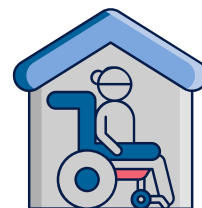
5 Housekeeping

Physical limitations or health conditions could make basic household tasks such as cleaning and organizing difficult for older adults. Consider a housekeeping service or in-home care to keep their home clean and clutter-free.



6 Healthcare

Regular medical care and management of chronic conditions are essential for aging in place. However, many aging adults face barriers such as transportation or limited resources. PACE programs are available for those who need nursing home-level care but prefer to live independently.



7 Medical alert systems

Lifeline can provide aging adults and their families with a sense of security and peace of mind knowing that they can simply press a button to signal for help. Speak with your older adults about enrolling in the Lifeline service.



Contact Lifeline today to learn more:

Name:

Phone:

Email:

1. Ausubel, J., "Older people are more likely to live alone in the US than elsewhere in the world," Pew Research Center, Mar 2020.

2. Stevens, J., et al., "Circumstances and Outcomes of Falls Among High Risk Community-Dwelling Older Adults," Inj Epid. www.ncbi.nlm.nih.gov/pmc/articles/PMC4700929