



LIONS GATE

Lifestyle. Care. Community. Tradition.

Tips for Helping Aging Loved Ones Maintain Independence

When it comes to aging, many seniors fear the loss of their independence. Seniors hope to live as independently as possible for as long as possible; however, aging can make independence a little harder to maintain. To combat the effects of the aging process, we need to take active steps to decrease the limitations that aging can bring about. We can do this through many things, such as increasing strength, socialization and energy.

Simple Ways to Help Your Loved One Keep Their Independence

- 1. Increase safety.** If your loved one lives alone, make sure their home is safe. Remove any potential tripping hazards, such as cords, or move furniture that your loved one could fall over. If the steps do not have a rail, make sure that one is installed. Be sure that there are grab bars in the shower and non-slip rugs to prevent the likelihood of falls. If your loved one likes to wear slippers around the house, buy them a pair with non-slippery bottoms so they do not trip or slide. If you are worried about your loved one living at home by themselves, invest in some security. Emergency response systems such as Life Alert® can give you the peace of mind of knowing that help is at your loved one's fingertips.
- 2. Encourage loved ones to stay involved.** When a loved one becomes isolated and lonely, it can have many adverse effects, such as depression. By continuing to be involved and by increasing the amount of social interaction they receive, they are more likely to feel like they belong to something greater than themselves – that they belong to a community, which can prevent depression and the negative effects that come with it. Encourage your loved one to join a club that involves something they are interested in. If they enjoy reading, take them to a book club. If they like to paint or do art, encourage them to join an art club or take them to an art gallery or museum.
- 3. Remain physically fit.** Keeping your loved one as healthy as possible can help them maintain independence, as one might guess. The healthier your loved one is, the more likely they are to stay independent for an increased amount of time. They should be exercising to keep their flexibility up, which can help them to prevent falls and to keep driving longer. They should also be exercising to improve their muscle strength and heart and lung health. If your loved one does not generally like to exercise, encourage them to try something low-impact to get them into the routine of exercising. Encourage them to take walks, garden or swim.

Inspiring Wellness!



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- 4. Stay mentally active.** Something that is often overlooked is mental well-being. This is where hobbies come into play. If minds are not challenged, your loved one will be less likely to maintain brain capacity. Instead of growing, learning and remaining mentally stimulated, many seniors just fall into the routine of watching television or taking naps. This can hurt their chances of independence. By remaining mentally active, they are more likely to feel young and capable of doing the activities of daily life, helping them remain happy and independent. If your loved one begins to get into a routine of staying home and watching television, or sleeps too much throughout the day, encourage them to do something else. Get them involved in brain teasers or puzzles, encourage them to read or get them active and moving. Make sure they are pursuing their passions and hobbies and encourage them to keep challenging their minds to grow.

Experience Lifestyle, Care, Community and Tradition at Lions Gate.

Lions Gate, located in Voorhees, NJ, offers a continuum of lifestyle and care options rooted in Jewish traditions and values. Whether you are in need of [Independent Living](#), [Assisted Living](#), [Memory Care](#), [Skilled Nursing](#) or [Rehabilitation Services](#), Lions Gate has you covered.

Our mission at Lions Gate is to enrich the lives of those we serve through quality and compassionate care consistent with our heritage and values. We strive to provide [programs and services](#) that inspire wellness as well as social, cultural and spiritual independence.

To learn more about Lions Gate's Unparalleled Lifestyle and Community Services, [contact us](#) today!

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