



FROM THE DESK OF DR. THELMA B. WATSON, CEO
WORTHY NEWS ABOUT AGING ADULTS...April 17, 2017

New Study Reveals Most Expensive States for Long-Term Care

Interesting stats on state rankings for the costs of long term care and the costs to support care provided. http://www.livingsenior.com/Senior_Center/post/New-Study-Reveals-Most-Expensive-States-For-Long-Term-Care.aspx

Many Older Adults Will Need Help in Managing Medications & Money

The population requiring assistance with managing their medications and money is growing significantly. There are many opportunities to roll out early awareness programs to help adults prepare for their functional and economic independence as they age. <http://www.medicalnewstoday.com/releases/316855.php>

Services to Help Seniors Stay at Home

There are many steps that can be taken for assisting seniors stay in their homes and feel comfortable being in this environment. Let's help seniors make critical decisions as early as possible. It is a first order of business irrespective of your socio-economic status. <https://helpguide.org/articles/senior-housing/home-care-services-for-seniors.htm>

Emotional Well-Being

Helping seniors to balance life's challenges is a key factor to promote longevity. There are approaches for preventing overwhelming negative situations that impact their lives. For example, many ignore the benefits of daily exercise and eating healthy but care givers can emphasize these as priority practices for seniors, their families and friends. <http://www.seniorresourcealliance.org/information/mental-emotional-health/emotional-well-being/>

Evidence-Based Programs

Promoting health and preventing disease among the aging adult population is a top priority for organizations that focus on this population segment. Evidence-based programs (EBPs) offer proven ways to accomplish this goal. EBPs demonstrate reliable and consistently positive changes in important health-related and functional measures. <https://www.ncoa.org/center-for-healthy-aging/basics-of-evidence-based-programs/about-evidence-based-programs/>

CONTACT INFORMATION

24 East Cary Street, Richmond, VA 23219

www.seniorconnections-va.org

Richmond area: (804) 343-3000

Toll Free: 1-800-989-2286

email: twatson@youraaa.org