

*There are times, though, when safety or social concerns make aging in place inadvisable—think of safety or social as SOS.*

- Unexplained bruising or continual skin tears that invite infection
- Trouble getting up from a seated position or trouble getting out of bed
- Difficulty with walking, balance, and mobility
- Uncertainty and confusion when performing once-familiar tasks
- Expenditures for unneeded repairs or purchases—changes in activities
- Infrequent showering or bathing—use of perfumes to mask
- Stacks of unopened mail, late payment notices, and bill collectors
- Unsafe behavior like leaving the stove on or front door unlocked
- Physical abuse of spouse or caregiver, or self-neglect
- Lack of adequate fluids or nutrition
- Increased falls
- Signs of depression

While safety is key, depression is often a link to a need for social interaction. The National Institute on Aging reported studies that show social relationships are consistently associated with biomarkers of health. Social isolation constitutes a major risk factor for morbidity and mortality; those without adequate social interaction were twice as likely to die prematurely; social isolation impairs the immune system and boosts inflammation; and people are reluctant to admit to loneliness.

Seniors want to participate in social activities and need to be with other people, but opportunities are often reduced and the resulting isolation

can foster negative thinking. Seniors can become trapped in their home by a lack of mobility and loss of family and friends. The social interaction in communal living, such as independent and assisted-living communities, often helps.

If you would like to explore senior care options, contact a senior care advisor.

Article submitted by CarePatrol. Call our free community service at (920) 428-0827.

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There are also situations that directly affect the safety of the senior.

- Wandering from home or driving and not remembering how to get home
- Frequent medication mistakes, especially if medications are for a disease



## When **AGING** in Place is Wrong

Studies indicate that over 80 percent of seniors want to spend the rest of their lives in their home, a concept called aging in place. Most companies, agencies, and senior care professionals work toward that goal. However, there are two important concerns to aging in place as the desired lifestyle: safety and social. Think of Safety or Social as

SOS, the universal call for help. The following are areas to be addressed for safety.

- Forgetting to take medications, taking more than prescribed, or sharing
- Forgetfulness stemming from dementia or Alzheimer's
- Spoiled food that does not get thrown away, poor diet, or forgetting to eat
- Dirty house, extreme clutter, dirty laundry piling up, decline in grooming
- Missing important appointments, especially doctor's appointments

