

SENIOR LIVING

Live Your Best Possible Life Now

» BY JULIE ROSE

Quality of life is critical at all ages. It may be a bit more challenging for seniors, but there are many things you can do to ensure that you are living your best possible life now.

WHAT CHALLENGES DO SENIORS FACE?

When you are in touch with the challenges you face, you can be more proactive in addressing them to achieve your maximum wellbeing and happiness. Many seniors face the following challenges:

- Loneliness, social isolation and depression
- Reduced independence
- Fear of falling and difficulty with mobility and everyday tasks
- Declining health
- Access to effective healthcare services with the right provider

WHAT ARE SOME SOLUTIONS TO THESE CHALLENGES?

It's important to feel connected to others and to a community or neighborhood. That contributes to your wellbeing, as well as fuels your sense of independence. When you stay active through volunteer work or participating in leisure or social activities, you feel more connected, and this satisfies your social needs and reduces loneliness, social isolation and depression.

Keeping your mind active, staying curious and connected and having fun is essential to your wellbeing. Try some of the following and see what's a good fit for you:

- Active games and sports
- Dancing, karaoke and other performance arts
- Parties and social gatherings
- Getting together with friends for traditional games and puzzles
- Gardening and bird-watching
- Arts and crafts
- Classes and workshops that embrace active learning

PREVENTING FALLS

Falls among seniors are common, but they can be prevented. Make sure your home or living space is as safe as it can be and doesn't present fall risks. It's helpful to have a professional come in and evaluate your home and make recommendations to enhance your safety. Be aware of your surroundings outside your home, pay attention and navigate these surroundings as carefully and safely as possible.

FOCUS ON ACTIVITY & HEALTHY LIVING

It's important to stay as active as your health permits. Staying active and maintaining your mobility makes everyday tasks less challenging. Create a balanced schedule that includes activities, social-



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ization, regular exercise and rest. Set goals for your progress and reward yourself when you achieve them. Make healthy living fun.

Include good nutrition and healthy foods in your diet that fuel your ability to be active. If preparing healthy meals has become difficult, explore your options for assistance. Good nutrition is a power tool for your wellbeing.

MEDICATION MANAGEMENT

Be sure you are taking your medications on schedule exactly as prescribed. If this has become difficult or confusing, engage someone who can be responsible for helping you.

REGULAR HEALTH CHECKUPS

Make regular healthcare appointments a priority with a doctor you are comfortable with and trust. Health checkups ensure that you and your doctor are abreast of your latest health developments and can make any needed changes to your medications. They are also excellent opportunities to address any healthcare questions you may have. Minor modifications in your

healthcare protocol and medications can contribute to you feeling your best.

Living your best possible life now is within your reach. We hope these recommendations are helpful to you.

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adin Life Care, which provides a full scope of services to seniors and those with disabilities in the metro Washington area. Visit PaladinLifeCare.com for more information. Rose can be reached at Julie.Rose@PaladinLifeCare.com or (703) 879-6992, ext. 102.



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