



A Plan For Senior Care's Guide To Helping Improve Your Loved One's Quality Of Life

As we are living longer, more and more research is being done on the importance of quality of life. Feeling satisfied and fulfilled helps with a positive attitude, leads to less stress, improves health and helps to lessen cognitive decline. Many interrelated factors contribute to feeling satisfied and fulfilled. Use our guide below to help your loved one improve his/her quality of life.

Socialization and Supportive Relationships

Seniors need strong and supportive relationships to help with their overall health and wellbeing. Lack of social support leads to negative impacts on one's physical and psychological health. Having support from family, friends and the community can help with memory retention, overall wellness, the defeat of loneliness and isolation.

- Encourage your loved to attend family events and gatherings. Have your family regularly visit with your loved one in person or on the phone.
- Help your loved one stay in contact with friends via in person, on the computer, mail or on the phone.
- Utilize community services that can be found at senior centers, day cares, religious affiliations and schools.
- Arrange for visitors and outings. Make plans for the future for your loved one to look forward to.

Mental Stimulation

Keeping the mind active and stimulated helps with having a positive outlook on life. Provide your loved one with stimulation such as reading materials, crossword puzzles, brain games or outings. Help your loved one with taking on a hobby or signing up for a new class or club.

Health

A senior's overall health is strongly related to quality of life. Wellness, diet, and exercise contribute to a healthy life.

- Make sure your loved one has regular checkups, and all health conditions are monitored and cared for. Look for and treat depression and cognition issues.
- It is important to regularly eat with your loved one to monitor a healthy diet and intake. Help your loved one plan meals and shop for healthy food.
- Having regular physical activity will benefit your loved one's body and brain. Help your loved one determine what type of activity is best. Any amount or form of physical activity will help with wellness, increase strength, boost the immune system, help relieve stress, depression and will help with sleep.

Self Esteem

Self-esteem is important to seniors. They often feel they are a burden or are no longer needed.

- Provide simple tasks for your loved one to help you with such as folding laundry, getting the mail, watering plants, clip coupons, make lists, etc. Encourage and support independence where you can.
- Ask your loved one's opinion and insight on discussion or decisions.
- Have your loved one regularly share about his/her life and important traditions.
- If your loved one likes to volunteer in the community, help to arrange involvement.

Faith

Faith enhances many aspects related to ones' quality of life. Studies have shown faith improves optimism, brings comfort and improves mental health.

- Help your loved one attend faith services. If homebound, arrange for faith services to come to the home.
- Find alternative ways to worship such as TV programs, radio shows, books, etc.

If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. We will be happy to create a personalized care plan for your loved one.