

NEWS OF OLDER AMERICANS

WHILE TALKING ABOUT WHAT HAPPENS WHEN A LOVED ONE BECOMES OLD AND FRAIL CAN BE DIFFICULT, THREE SUGGESTIONS FROM EMMA DICKISON, PRESIDENT OF HOME HELPERS, A LEADING HOME CARE FRANCHISE, CAN HELP. FIRST, TALK ABOUT THE HOME. ARE CERTAIN TASKS TOO DIFFICULT? NEXT, WHAT ABOUT FOOD? IS THE SENIOR TAKING CARE OF HERSELF NUTRITIONALLY? TALK ABOUT PEOPLE HE KNOWS. SOCIALIZATION IS IMPORTANT AT EVERY AGE BUT A LOSS OF MOBILITY CAN STRAIN RELATIONSHIPS. FOR A COPY OF THE FREE HOME HELPERS GUIDE "EIGHT WAYS TO START THE CONVERSATION," VISIT HOME-HELPERS-HOME-CARE--DOT--COM AND CLICK ON RESOURCES.