

The stages of aging: What can I do?

Stages



SELF-SUFFICIENCY

- Senior is still entirely self-reliant
- They live independently and can complete their daily activities with ease



INTERDEPENDENCE

- Senior can still live alone safely and can complete most activities without help.
- They do need some degree of care from family or friends



DEPENDENCE

- The senior can no longer live on their own safely
- Cognitive decline and/or physical health problems create risks and hinder daily living



CRISIS MANAGEMENT

- Loved one needs immediate medical support
- They may need memory care due to Alzheimer's or dementia
- They must either live in a skilled nursing facility or receive extensive professional care at home



END OF LIFE

- The senior is nearing their final days
- They may choose to stop receiving medical treatment and enter hospice care
- The goal at this stage is for the older adult to feel as comfortable as possible

What families and caregivers can do

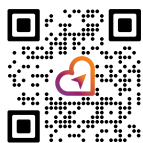
- Encourage healthy habits and socialization
- Discuss arrangements for future needs: advanced directives, caregiving, finances, will, etc.
- Provide emotional support and quality time

- Regularly monitor for physical or cognitive decline
- Add home modifications: a stair lift or railings in the shower
- Arrange transportation, meal deliveries, cleaning services
- Offer professional emotional support

- Hire in-home caregiving or alternative living arrangements
- Encourage time spent with family and community

- Consider making 24/7 care arrangements
- Stay in regular contact

- Prepare to make end-of-life arrangements and complex and difficult medical decisions.
- Consider speaking with a counselor
- Continue to let them know they are loved and cherished



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