

## Empowerment: Celebrating National Senior Independence Month

National Senior Independence Month is recognized in February, and it is the perfect time to recognize and support your ability to live with dignity, confidence, and autonomy. Whether you're living independently, in a senior community, or receiving some level of care, maintaining your sense of control and well-being is essential for a fulfilling life.

In this edition, we explore several key areas that can empower you to thrive independently, from creating safe living environments to prioritizing health and staying engaged.

## Aging in Place: Creating a Safe & Supportive Home Environment

**Did you know** that you are considered to be aging-in-place starting at the age of 50? Aging in place means living in the comfort of your own home for as long as possible while ensuring your safety, accessibility, and well-being.

Here are some key considerations:

► **Home Modifications for Safety:** Sometimes, only simple updates like grab bars, non-slip flooring, and proper lighting can help prevent falls and injuries. Other times, you may need to enlist the support of a Certified Aging-in-Place Specialist to help determine more significant modifications to ensure your safety, such as modifying bathrooms, entryways, and interior spaces for assistive devices like walkers or wheelchairs, or adding a lift to help navigate stairs.

► **Smart Home Technology:** Devices like voice-activated assistants, smart door locks, smart thermostats, and medical alert systems can enhance convenience and safety, and allow families or advocates to stay connected at a distance.

► **Support Systems:** Having a coordinated network of caregivers, family, and community services in place can provide essential assistance while allowing for independence.



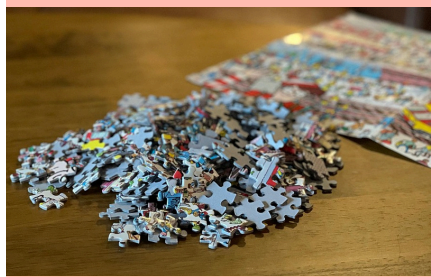
**Tip:** Not sure if your home is safe for aging in place? Consider speaking to Julie Rose, Paladin Life Care's CEO who is a Certified Aging-in-Place Specialist (CAPS), and the Paladin team to conduct a home safety assessment to identify potential risks and improvements.

## Advocating for a Dignified & Fulfilling Life - Empowered Senior Services

**Independence isn't about where you live—it's about how you live.**

Steps to support a fulfilling, dignified life include:

**Physical Wellness:** Staying active with gentle exercises like walking, stretching, or chair yoga helps to get your blood moving. This is especially important if you sit a lot throughout the day. Get approval from your doctor and add resistance training to maintain your muscles and strength. Ideally, try to get at least thirty to sixty minutes of movement daily. You can break this up into 3 or 4 segments throughout your day.



**Mental Engagement:** Keep your mind sharp with puzzles, books, and meaningful conversations. Consider attending a class. Many community colleges offer non-credit classes that are either low-cost or free to seniors. The Smithsonian Institution offers a variety of classes online and in person. Also, check in with your local library to see what events are offered at the library on online.

**Social Connection:** Join community groups, volunteer, or attend a class. For those with more private personalities, online classes provide a nice option to connect without the obligation of extended interactions. Stay in touch with loved ones, or engage with a companion to support and prevent loneliness and encourage getting out and about.



**Nutrition for Vitality:** Fuel your body with balanced, nutrient-dense meals to maintain energy and overall well-being. It's important to have fresh fruits, vegetables, and plenty of protein daily. Health professionals say that adults should consume 25g to 30g of protein with each meal, or a total of 75g to 90g daily. Proper amounts of protein have been scientifically shown to aid in maintaining skeletal muscle mass. Connect with a nutritionist to plan for healthy options to meet your nutritional needs.

**Unsure how to start?** Consider speaking with a Certified Health Coach to help make lifestyle modifications that promote healthy aging and sustainable habits for long-term independence and vitality!

**Paladin Life Care is Here for You!** Take a look at our website to read our latest articles. We are dedicated to empowering you to live your best life.