

NEIGHBORLY HOME CARE

ADDRESSING THE NEEDS OF THE ELDERLY

Seniors have evolving emotional needs, social needs, and daily needs. Support from family members and the community can help to reduce stress, increase physical health and defeat psychological problems such as depression and anxiety. Helping our aging loved ones to maintain a healthy and active lifestyle is essential to their health and happiness.





EMOTIONAL NEEDS

A senior's emotional well-being is just as important as his or her physical health. Seniors often face traumatic life changes, including reduced mobility, chronic pain, frailty or other health problems, as well as bereavement. Such stressors can lead to isolation and psychological distress. ¹

Security: Natural declines can cause seniors to feel more vulnerable. Your loved one may worry about issues such as personal safety and illness. Beyond addressing physical surroundings, caregivers need to help create a safe environment for seniors to lead their lives without fear.

Socialization: Seniors need to continue cultivating positive social relationships with family, friends, and others in the community. This will help to prevent loneliness and boredom.

Independence: Each individual should feel that they have the power to make their own decisions and direct their lives in a meaningful way.

1. <https://www.aagponline.org/index.php?src=gendocs&ref=anxiety>



SOCIAL NEEDS

According to the National Institute of Aging, research studies have shown a strong correlation between social interaction and health and well-being among older adults.²

Love: Maintaining relationships and spending time with others is essential to a senior's emotional and mental well-being. Those who develop a strong emotional bond with other individuals, perhaps their grandchildren, often lead a more active lifestyle and eat healthier meals.

Acceptance: It is important for seniors to continue feeling loved and accepted by other people. Personal relationships with friends and family play an important role.

Belonging: Involvement in different clubs and activities can present opportunities for seniors to create lasting connections. If your loved one has mobility issues, connecting via various communication tools and video calling methods.

2. <https://www.nia.nih.gov/about/living-long-well-21st-century-strategic-directions-research-aging/research-suggests-positive>



DAILY NEEDS

For senior citizens living with debilitating diseases or other disabilities, even the most basic daily activities can be challenging.

Personal hygiene: Both physical and mental issues can prevent proper hygiene. Seniors may need assistance with bathing, dressing and personal grooming.

Nutrition: Meals can be particularly difficult for seniors to prepare. Proper caregiving can see them eating wholesome fresh-cooked meals rather than junk food.

Transportation: If an elderly person can no longer drive, they will need transportation to get to and from medical appointments and social functions.

Household chores: Basic household chores such as cleaning and laundry can become increasingly difficult.

Medical oversight: When health issues threaten seniors, they may need help keeping up with their prescriptions and other health-related needs. ³

3. <https://www.neighborlyhomecare.com/home-health-care-services/day-to-day-services/>



**COMPASSIONATE
HOME HEALTH CARE
SERVICES FOR
SENIORS**

Our devoted caretakers understand the importance of emotional wellbeing in patient care. At Neighborly Home Care, we tailor all our elderly care services to the exact needs of each individual.

At all times, our mission is clear: to provide support for elderly individuals, while preserving as much of their independence and autonomy as is safely possible.

Contact us for more information:

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