



News For Older Americans

A Call For Always Being In Touch

(NAPSA)—If you or someone you care about is among the estimated 40 million Americans over the age of 65—and especially the 12 million who live alone—taking a few steps for improved care can mean a longer, better, more independent life.

•**Protect Your Health.** See your doctor regularly and stay up to date on tests and vaccinations. Don't smoke. Eat right. Exercise 2½ hours a week, including balance exercises, and if you drink alcohol, do so in moderation.

•**Protect Your Safety.** Install grab rails in the bathroom. Look for specially adapted gadgets that can make using the kitchen easier. Get rid of loose wires and carpets, broken handrails or general clutter that can be a potential tripping hazard.

•**Protect Your Peace of Mind.** Anyone can fall or become ill suddenly. To help reassure yourself and your family, there's now a free telephone reassurance service—Always in Touch—that provides a “safety check” phone call every weekday. It is the only free national service of its kind in the United States.

It's not a referral service or medical alert system, nor is it a substitute for professional medical advice or the care that patients receive from their physicians and medical advisers. In the event of an emergency, you must call your doctor or 911 immediately.

Who Is Eligible

Individuals may refer themselves or be referred by a caregiver, medical professional, social worker, family member or other service



Many independent older Americans are saying “hello” to a unique way to show they're OK.

provider. Most people Always in Touch serves are seniors or disabled adults who are homebound, isolated, living alone or in need of daily contact. This may be temporary while recuperating from an illness or surgery, or it may be a more permanent situation.

Service Support Representatives allow the phone to ring up to 15 times. If there's no answer, they will call back 15 minutes later. If there's still no answer, they will try to reach designated emergency contacts.

The service is sponsored by Always Best Care Senior Services, a nationwide leader in non-medical in-home care and assisted living finder/referral services. Explains founder and Chief Executive Officer Michael Newman, “Our passion for helping the elderly maintain safe, independent and dignified lifestyles is the foundation of what we do.”

Learn More

For more information, call toll-free (855) 710-CALL (2255), or visit www.Always-In-Touch.com. Or call (855) 470-CARE for a free care consultation.



Note to Editors: While November is National Family Caregiver Month, this article can be of interest to your readers at any time.