

SENIOR news & notes

Independent Living

(NAPSA)—While the vast majority of people over age 65 are independent and living safely in their personal homes, the number of those needing assistance with routine personal tasks is rising as people live longer. Sometimes people just need a little help to remain safely in their homes.



Home health care aides help many seniors remain independent.

When people can't handle the key activities of daily life—from bathing and grooming to laundry and meal preparation—on their own, they don't realize they may still be able to remain in their homes where they want to be.

One increasingly common way that seniors are able to get the help they need is through elder-care assistance organizations. Companies offering non-medical care such as Interim HomeStyle Services help older Americans remain independent by sending aides who can assist with the tasks of day-to-day living.

These trained professionals also provide one-to-one companionship that eliminates social isolation through such activities as writing/correspondence, reading, conversation and entertainment.

To learn more, visit the Web site at www.homestyleservices.com and take a free Independent Living Assessment.