

# NEWS

## FOR SENIOR CITIZENS

### Maintaining Independence

(NAPSA)—As America's senior population continues to increase, the old adage, "There's no place like home" has taken on an especially important meaning.



**Today's seniors live longer, healthier lives than ever before.**

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Many of today's seniors are living at home—rather than a retirement community or nursing home—for longer than ever before. Doctors attribute the trend to advances in healthcare and healthier lifestyles.

Unfortunately, as many of these seniors grow older, they can become plagued by feelings of loneliness and frustration, caused by an increasing inability to perform daily tasks that let them remain independent. In fact, as many as one quarter, or eight million, American seniors have some form of disability for which they require assistance.

As a result, many turn to in-home care companies. Interim® HomeStyle<sup>SM</sup> Services, for example, provides as much or as little in-home care for a senior as he or she may need.

The caregivers work with individual clients to develop professional, customized care plans geared towards helping them maintain their health and independence. In addition to helping seniors, the companies can provide relief for the estimated 12 million Americans who spend all or part of their days taking care of senior loved ones.

For more information visit [www.interimhomestyleservices.com](http://www.interimhomestyleservices.com).