

Added Measures of Care

More than 16 million people in the United States provide unpaid care giving for a friend or relative who has received a diagnosis of dementia (including Alzheimer's disease). This unceasingly demanding work can exact a toll on caregivers, whose health often takes second place to those for whom they care. As a result, caregivers' own health suffers, placing both parties in jeopardy. To avoid these potential problems, caregivers are urged to acknowledge their emotions to a confidant or therapist as a means of helping them better cope with their stressful circumstances. Caregivers should also come to accept their limitations and set limits for themselves. This includes seeking expert advice about decisions regarding added professional assistance or nursing home placement.

As seniors age, the likelihood they develop a chronic medical condition increases. Outside of chronic conditions, the likelihood for medical emergencies also increases with age. If your loved one indicates that he or she has fallen and struggled to get up on more than one occasion, it's not safe for them to be living on their own. For more information about the services and amenities at **McHARRIE LIFE SENIOR COMMUNITY**, please call (315) 638-2521. We are located at 7740 Meigs Road, Baldwinsville.