



## **Elder Services to Assist in Daily Living**

Today many seniors want to be more independent. There are many services that can be provided at home to help the elderly stay independent as long as possible. They include:

- **Companion Services** –Provide a companion to stay with a senior that cannot stay alone. They make meals, do errands, and help with necessities around the house.
- **Home Health Services** - A home health aide has more training than the companion. An aide is able to assist also with personal care, i.e. bathing, dressing, and medication monitoring.
- **Skilled Home Services** - Skilled nurses, physical therapy, occupational therapy and speech therapy may all be provided at home through full-service home health agencies.
- **Meals at Home** - This service is provided by Meals on Wheels. A person must qualify as being “homebound” to receive the meals. Volunteers are used to make deliveries of these meals to the elderly.
- **Transportation** - This low-cost service is available for seniors through county services for ambulatory seniors and through para-transit systems for the disabled. Many volunteer programs are available to get seniors to doctor’s appointments and treatment centers. Many non-profit agencies such as the American Cancer Society and Easter Seals have very organized programs.