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## Caring for Elderly Family Members

***You can help  
an elderly  
relative live  
happier, safer  
and more  
comfortably .***

A better diet, better health care, and new lifestyle are helping people live longer. But as people age, they develop special needs. For example, they may require special medical attention and a special diet.

People tend to lose the ability to hear, see and taste as they get older. And if they cannot taste or smell, they may lose interest in food. This may result in malnutrition. One suggestion is to help the elderly in the kitchen. Assistance in the kitchen can make mealtime preparation easier and more enjoyable.

The elderly may also lose their strength and agility. Help them set up their home so it is easy to move around. Help them pick up or remove items that can cause tripping or falling.

Whether at home or at a nursing home, make sure that your relative:

- ▶ Eats well. Nutritious foods are important to stay healthy.
- ▶ Has regular medical checkups.
- ▶ Takes the medications prescribed by the doctor.
- ▶ Gets the exercise needed to stay active and healthy.
- ▶ Receives personal attention. The elderly need to feel that they are important as individuals.



Activities like walking or gardening help older people to stay in good shape. But make sure they wear adequate clothes. Elderly people are more sensitive to hot and cold weather.

Affection is very important for the well-being of an older person. Make sure that your older relative knows that you care.

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