

10 HEALTHY HABITS FOR SENIORS TO AGE WELL AT HOME.

Are you practicing each of these?

FOREFRONT
TELECARE

1 START A HEALTH FILE!

Start a "health file" with a patient's medical contacts, basic history (surgeries, diagnoses, medications), current medication list, allergies and other problems with drugs or treatments, current diagnoses, and test results. Microsoft HealthVault is a well-established PHR and is free.



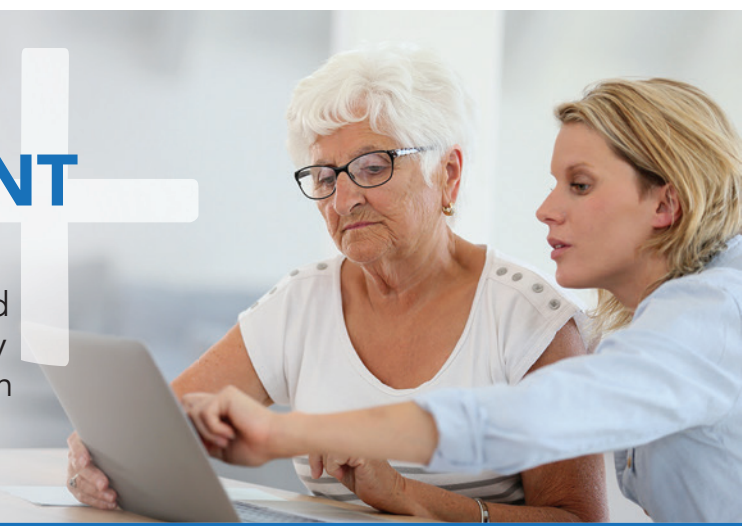
2 UNDERSTAND YOUR INSURANCE



Seniors need to understand their health insurance options. Forefront Telecare works with Medicare, Medicare Advantage, and Medicaid. So your patients will always have professional support for mental and behavioral health issues.

3 CONDUCT A HOME SAFETY ASSESSMENT

Make changes that could help Seniors prevent falls. Conduct a home safety assessment if you're 65+ and living at home, from bathtubs to steps to the laundry room to the height of products you use most often in the kitchen and bathroom. Bathrooms cause more accidents than kitchens!



4 SENIOR FITNESS = LONGER LIFE

Don't neglect senior fitness. Studies have proven the more active Seniors are, the healthier they will be. Check for yourself, or ask your home health aide to show you **AARP's Senior Planet** website. Use the same device you speak to your Forefront Clinician. Senior Planet helps with virtual videos, including gentle morning stretches, chair yoga, or Mindful Meditations. It's all **free** on www.seniorplanet.org.

5 APPOINT A PERSONAL ADVOCATE

Seniors should appoint a person who is their advocate or executor – a family member or professional – with their vital health information. They can step in to help (contact information for all doctors and trusted advisors, copies of their health insurance cards, copies of legal documents, medications currently taking, and more).



6 KNOW YOUR HOME HEALTH OPTIONS



68% of Seniors prefer to live at home. Help them ask their Primary Care Doctor for a local care manager or home health assistance. The Senior or family member can engage a home health company to assist with light housekeeping, preparing healthy meals, and transportation.

7 REVIEW YOUR MEDICATIONS



Seniors need a periodic review of medications. Forefront Telecare clinicians can spot possible problems. Forefront will help Hospitals, long-term care facilities, and those caring for seniors who age at home to manage ways to reduce or simplify medications.

8 MAKE TRANSITIONS EASY WITH SUPPORT

Seek extra support during transitions, for example: being discharged from the hospital or moving to a care facility). These are times when problems often arise, and decisions can feel rushed. Plan it out and make it easy.



9 DON'T LET LONELINESS AFFECT YOU

One of the most challenging aspects of aging is isolation and lack of social interaction. The American Heart Association in 2020 released a study showing the effect on physical and mental health when you have a pet to enhance the quality of your life. If you live at home, a pet, especially a dog, is a great reason to get fresh air and be with them outside. There are services to walk your dog, and all pet supplies can be bought online and delivered. Pets bring connectedness.



10 REMEMBER TO EAT A HEALTHY MEAL, EVERY MEAL.



Remember to eat as much 'color' with every meal and walk daily or, at minimum, do gentle exercises in your home or facility. The idea of exercise and healthy eating gets more critical with each passing year. Science proves you can live longer if you stay fit! !



BONUS EXTRA: FOREFRONT IS "ALWAYS IN" FOR SENIORS!

If your hospital or care facility uses Forefront Telecare for Senior Behavioral Health, they will be able to follow you home! If you already age at home, ask your caregiver or Home Health aide to help you connect with Forefront Telecare. Clinicians will help you at home with medication management and talk therapy for anxiety, stress, or depression whether you use your computer, tablet, or smartphone. We are **"always in"** for seniors!

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www.forefronttelecare.com