

COMMUNITY SUPPORT DOES MATTER...

SECURING INDEPENDENCE AS YOU AGE

In last week's article we talked about some of the things that you can control to help ensure that you can grow older, in your own home and in your own community, with grace and dignity. This week, let's focus on what is truly OUT of your control and what can be done about that.

No matter how hard you try to do all the right things in keeping yourself healthy, like maintaining a good diet, exercising appropriately and avoiding things that are known to cause health problems, there are factors in this mix over which you have little control. Things like genetics can have a huge impact on your health; injuries derived from an accident can have a lasting impact that increases as you age; and, chronic illnesses for which there is no prevention or cause that is identifiable can result in difficulties with maintaining good health. These various factors can also have a very negative impact on mental health, causing stress, and worry about being able to maintain an independent lifestyle as aging occurs.

*A common misconception is the belief that asking for, and receiving assistance, equates to a loss of independence. In actual fact, asking for and receiving help is what can safely **SECURE** your continuing independence.*

For example, think of the work that is required to maintain your home...if you could have assistance in the completing the tasks that you are unable to do, it could make the difference in you being able to **safely** remain in your home for much longer than if you did not have this assistance. Your independence is positively impacted by this type of assistance, isn't it?

The North Lanark Assisted Living Program is a community based health care service that provides eligible seniors with the personal support services needed to allow them to continue living on their own, or with an informal caregiver at home for as long as possible. These services are coordinated by Mills Community Support with the hospitals in Almonte and Carleton Place to ensure a continuum of care for older adults across Lanark County.



Assisted Living Services can help bring peace of mind to individuals and their family by delivering personal support services where and when they are most needed - anytime, day, evening or overnight.



For more information, please get in touch by telephone at (613) 256-1031, by email to info@themills.on.ca, on the web at www.themills.on.ca, or on Facebook at <https://www.facebook.com/MillsCommunitySupport>