

## Fast Facts

The number of adults taking care of aging parents has tripled in the past 15 years

87% of adults 65+ want to stay in their current home and community as they age

Average U.S. life expectancy increased from 68 years in 1950 to 78.8 years in 2019

### A few of the services we offer include:

- Light Housekeeping
- Meal Preparation
- Transportation
- Doctor Appointments
- Overnight Stays (24-hour care)
- Personal Grooming and Dressing
- Mobility Assistance
- Dementia / Alzheimer's Care
- Memory Loss Support
- Relief of Family Caregiver
- Companionship
- Daily Living Assistance



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## You and Your Aging Parents



Call us at: **312.526.3666**

Source 1: [https://www.huffpost.com/entry/caregivers-aging-parents\\_b\\_3071979](https://www.huffpost.com/entry/caregivers-aging-parents_b_3071979)

Source 2: AARP PPI, "What is Livable? Community Preferences of Older Adults," April 2014

Source 3: Sherry L. Murphy et al., "Mortality in the United States, 2017," NCHS Data Brief, no 328 (2018).

## You Are Not Alone

The Sandwich Generation refers to adults that care for their children and aging parents. The resulting responsibilities place increasing pressure, and sometimes financial burden, on this group.



## What You & Your Parents Need to Discuss

Make it a goal to start an open dialogue with your parents regarding their plans for aging. This may take a little research too. You should set realistic expectations about the care you will be able to provide. Make sure to discuss at what point you and your parents may need more help.

- Legal matters
  - Wills
  - Property ownership
- Financial Arrangements
- Healthcare
- Housing
- Recreation

## During the past week or so, I have...

1. Had trouble keeping my mind on what I was doing  
 Yes  No
2. Felt that I couldn't leave my relative alone  
 Yes  No
3. Felt a loss of privacy and/or personal time  
 Yes  No
4. Had sleep disturbed because of caring for my relative  
 Yes  No
5. Found my relative's living situation to be inconvenient or a barrier to care  
 Yes  No

If this sounds like you, it may be time to reach out for a helping hand.



## Dos & Don'ts of Supporting Your Aging Parents

- **Do** – Include your parents in the decision making process for their future
- **Do** – Respect your parents' rights to remain in control of their lives
- **Do** – Include family and friends in the care of your aging family members
- **Do** – Get support when you need it (from caregivers, counselors, etc.)
- **Don't** – Try to do everything by yourself
- **Don't** – Ignore your own physical and mental health
- **Do** – Be honest about your time and energy limits
- **Do** – Let others know if you're feeling overwhelmed

Maintaining your parents' independence is an achievable goal with quality in-home care.

We're here to show you **The Power of Love®**. Contact **Seniors Helping Seniors®** in-home services today.

[www.SeniorCareChicagoMetro.com](http://www.SeniorCareChicagoMetro.com)