

# expert advice

Lifestyle Magazine's experts weigh in on 2021's hottest issues, trends and topics that affect our everyday lives.

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SENIOR LIVING

## TRANSFORMING SENIOR LIVING: THE FIVE PILLARS

**As the U.S. population ages, more people are handling long-term care plans for themselves or their loved ones.** There are communities in Miami Dade County that do not have access to care for seniors. Everyone deserves to receive the most basic of needs, yet there are those who lack what others may take for granted.

United HomeCare is a lifeline for our community's most vulnerable populations, offering programs and services culminating in the privilege to age in-place at home with dignity and independence. "There's no place like home and '**Home**' is United HomeCare."

"**Home**" has become a very different place and so much more critical. Covid-19 has taught us the importance of "home" and all it affords.



At United HomeCare, our approach to health for our customers is holistic in nature, relying on the five pillars of healthy senior living. **Five pillars of healthy living include:**

1. **Sleep Hygiene.** Bedding and mattresses. Pain, discomfort, insomnia and nighttime urination could be issues.
2. **Exercise.** Instructors and equipment. Exercise can minimize tripping and falling.
3. **Nutrition.** Healthy and nutritious food. Many seniors are unable to cook nutritious meals for themselves.
4. **Risk.** Medication and vaccine administration. Many seniors suffer from dementia.
5. **Stress Management/Mental Health.** Counseling and support. Loneliness or lack of companionship is detrimental for seniors.

We need to provide a healthy and safe environment and meet basic needs that many of us take for granted. Provide food and sustenance so that they don't go hungry. Prevent institutionalization so they can remain at home where they want to live. Alleviate senior isolation, loneliness, and depression. Give to our seniors and their caregivers so that the most under-served are not forgotten. Help us transform senior living by being a pillar of giving.

**For more information, please call (305) 716-0710 and help "Transform Senior Living".**

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