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## The Key to Safer Aging-in-Place? Communication

These recommendations will give everyone more peace of mind





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**By Medical Guardian** (Self Content)

For many older adults, aging at home is preferable to the cost and effort that comes with transitioning to assisted living. But aging in place requires a supportive community – for safety, social, and health reasons. For example, did you know that in adults 50 and older, social isolation is associated with a 50% higher risk of dementia? In addition, poor social relationships and loneliness have been associated with a 29% increased risk of heart disease and a 32% increased risk of stroke, according to the CDC.<sup>1</sup>

In fact, over 77% of adults 50 and older want to remain in their homes for the long term – a number that has been consistent for more than a decade.<sup>2</sup> To age in place safely and comfortably, communication is key. Here are three recommendations for making aging-in-place safer with some structure, outside support, and effective technology.



**DAILY CHECK-INS**

Putting in place a structure for regular communication is essential to safer aging-in-place. This way, you or your parents can stay up to date on any needs, as well as foster genuine social connection. Plan check-ins for the same time of day, every day, to create an easy-to-remember schedule. Use alarms to ensure no one forgets. Video calls are preferable to phone calls so you can see each other. Be sure to ask your loved ones if they have eaten, taken medications, or performed daily tasks.

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**MOBILIZE YOUR VILLAGE**

Caretaking doesn't have to fall on just one person – and it shouldn't. Siblings and other family members can share the caregiving responsibility. Neighbors, friends, and members of your spiritual community can also be asked to help or make regular visits. Consider community organizations, such as Meals on Wheels, to help provide support outside of your immediate network. Or, if this is an option, hire professional help like a geriatric care manager or home companion. Not only will this ensure your loved one is cared for when you're not there, but it will also help form meaningful connections.

**FIND THE RIGHT TOOLS**

When used thoughtfully, technology and other tools can be extremely helpful for giving you peace of mind. Some technology companies make cell phones and tablets with larger fonts, fewer buttons, and easy-to-use systems designed for older adults. Medical alert devices are also effective for communicating in times of need and in case of emergencies. Getting your loved one a medical alert device gives you peace of mind as they go about their daily activities knowing they are always protected and help is just a button push away.


Though aging in place may sound potentially isolating or even dangerous, there are ways to plan and communicate effectively with your loved ones. In many cases, you (or your parents) can remain living independently in a beloved home, but not without some assistance.

Medical Guardian offers both on-the-go and at-home medical alert systems. Medical Guardian's superior US-based monitoring centers and exceptional customer service has earned the company the #1 rating across over a dozen third party review sites and a 4.4 star rating on Google. You can have the confidence to feel safe, independent, and free – knowing help is just a button click away.

[Click here to get more information about Medical Guardian, or call 800-644-2069.](#)

<sup>1</sup> https://www.cdc.gov/socialandbehavioralhealth/healthyaging/2019-08-01-older-adults.html  
<sup>2</sup> https://www.aarp.org/home-care/home-care-homecare/2021/09-01/aging-in-place-safer/

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