

Aging in Place– Growing Older at Home

Did you know that only 48% of older adults ages 60+ who are eligible for Supplemental Nutrition Assistance Program (SNAP) are enrolled and receiving benefits? Have you checked your eligibility?

-U.S. Department of Agriculture. Food and Nutrition Service. Trends in SNAP Participation Rates: FY 2010-2017. Found on the internet at <https://www.fns.usda.gov/snap/trends-participation-rates-fy-2010>

After a lifetime of working and saving, don't you want to spend your later years in your home? A bit of planning can ensure your golden years are comfortable. Preparations now, will pay off later.

1. Support at Home

The Mercer County Area Agency on Aging, local and state offices, and other social service agencies offer in-home support services.

- Help is available for everyday tasks that can be more difficult with age like taking out the garbage, mowing the lawn, and shoveling snow.
- You can get help with personal care tasks like bathing, washing your hair, or getting dressed.
- It might be more difficult to do the shopping or get to doctors' appointments. There are public transportation and ride share programs.
- If meal preparation is becoming a chore, there are low to no-cost meal delivery programs.
- Utility assistance, budget billing, and weatherization updates may help you.
- Ramps or other supports to avoid falls at home.

2. Money Management

Do you worry about paying bills on time or managing your budget on a fixed income? You are not alone. Even with retirement savings, there is no way to predict inflation or the rising costs of daily living.

- Review your budget each year.
- Check **ALL** your monthly statement and account activity. This can help protect against online financial crime.
- **DO NOT** share personal information over the phone to strangers. This can prevent identify theft or other crime against you.
- There may be no-cost tax preparation assistance available for you.

3. Health Concerns

- Talk with your doctor about any health conditions that you have been diagnosed.
- Discuss how to manage those conditions with your routine or planned activities
- Will you be able to drive?
- What kind of Medicare plan or supplements might you needs?
- Do you have any safety concerns about someone at home?

4. Safe Housing

Would a few changes to your home make it safer and easier for you?

Do you need a ramp to the front door, tub or shower handles, non-skid flooring, or an automatic garage door?

These are a few simple modifications that can make staying at home safe and easy.

5. Preparing for a Medical Emergency

- What options do you have if you need short term care after a surgery or illness?
- What options do you have if you need more long-term care?
- Do you have a plan for your pet(s)?
- Do you have an advanced health directive?
- Do you have medical power of attorney?
- Do you have someone designated to be your medical advocate if you are unable to speak for yourself?



Friends at the Grove City Senior Center and Shannon, AWARE medical advocate enjoying an afternoon discussion about AWARE services.

RESOURCES

Mercer County Area Agency on Aging, Inc.
724-662-6222

Help at Home — OPTIONS
724-662-6222

Community Action Partnership of Mercer County
724-342-6222

Pennsylvania Link to Aging and Disability
1-800-753-8827

Pennsylvania Medicare Education— PA MED
1-800-692-7462

If you, or someone you know, is 60 years or older, and is a victim of domestic, sexual, emotional or elder violence **The Mercer County Elder Victim Advocacy (EVA)** program is a collaboration between AWARE, Inc and Mercer Area Agency on Aging . Together, a wide array of services are available: individual support, court advocacy and accompaniment, outreach, community education and professional development seminars for professionals working with seniors. **AWARE, Inc 1-888-981-1457, or Mercer Area Agency on Aging 724-662-6222.**

H R I N A S V P B P S K C A J
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 M W N E H A Y Y P K J E T L T
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Barbie

Chatty Cathy

EtchASketch

Hot Wheels

HulaHoop

Jacks

Kerplunk

Lite Brite

Matchbox Cars

Operation

Play dou

Silly Putty

Slinky

Spirograph

Tinker toys

Tonka Trucks

Twister

Twister

View Master

Domestic Violence and People 60 years+

What do you picture when you hear the phrase domestic violence? For many, the words conjure an image of a young woman covered in bruises. It is important to understand that domestic violence is not strictly a young woman's issue.

The need for power and control is at the root of domestic violence. There are also people who manipulate others for material gain. This can occur anytime during one's lifetime.

For seniors, a few of the common elder abuse tactics include withholding medication, food, or access to toiletries or clean clothes until the person complies.

Often, these abusers are family members or people paid to care for us. Financial abuse is most common. Taking away the car or truck is another. Selling or using needed medication is another. Verbal abuse and psychologically manipulating a senior is common, too.



An offender may threaten physical or sexual violence until the abused senior agrees to whatever the demand is. There are some extreme cases where the elderly are forced to engage in sexual activities against their will. This is called elder human trafficking.

Local Services

Seniors Helping Seniors 724.877.3505

LIFE Northwestern PA 844-456-5433

Helping Hands Home Care Services: 724-996-7580

Community Food Warehouse: 724-981-0353

Community Action Partnership of Mercer County
724-342-6222

Mercer County Veterans Affairs: 724-622-7511

Northwestern Legal Services: 800 665-6957

Winter Safety Tips

- Arrange for help shoveling steps and/or the driveway to avoid sprains, strains, and broken bones.
- Keep all outside walkways salted.
- Create a winter safety kit for the car that includes a blanket, drinking water, a first aid kit, and flares.
- Plan for a power outage— extra blankets, wood for the fireplace, water and food for yourself and your pets.
- Consider using a dog walker (or asking a friend or family member) when the conditions are too cold or icy.
- Never run kerosene heaters indoors.
- Do not lay items over electric heaters while the heater is in use.
- Wear layered clothing at home to keep you warm.



724-662-6222

Help is a phone call away.
24/7



888-981-1457