



Healthy Aging Information

We have all your aging
needs covered

Changing Roles: Are You Becoming the Caregiver For Yourself and Your Spouse?

Helping to care for an elderly spouse or adjusting to your own changing health issues is a challenge requiring special recognition and attention. Not everyone has the help of family members who are nearby and able to devote an increased amount of time to insure safety and good health. When the time comes that you realize that you cannot keep up with the requirements of your changing health, you must make arrangements that are suitable for everyone involved. If you do not want to change your living arrangements, what can you do? How do you and your adult children cope with your changing situation--do you hire someone to help with your care? Consider these options if you are determined to remain independent, at home.



* Home Health Services- A visiting home health aid can help with day-to-day activities.

* Housekeeping Plus- Weekly or monthly visits keep the house tidy

Personal changes in lifestyle may be inevitable for your continued health and safety. You must take an honest look at what is best for you and your spouse. As your health deteriorates, consider the many options in assisted and catered living arrangements.

Nancy Sutula, Administrator at Wiggins Place Assisted Living, understand the fears that come with moving out of your home and into assisted living. "The one thing that you can do to insure you are ready is to begin to understand that your needs have changed and that moving into assisted living does not mean your entire life has to change. You will still be able to enjoy your life as you did before, including going on excursions, enjoying programs and activities that you participated in before, and keeping up with friends and family. The difference is that you will have help, security, and a qualified staff to turn to for your needs."

For more information on Home Health, Housekeeping Plus services and other programs on the Menorah Park Campus, call 216-831-6500, or visit www.menorahpark.org.

Nancy Sutula, Administrator of Wiggins Place, has a B.S. in Gerontology and an M.B.A. in Healthcare Administration, a Certified Aging Services Professional, and Ohio Licensed Nursing Home Administrator. She has had experience as an activities director, an adult day center manager and most recently, Housing Administrator at Breckenridge Village. She can be reached by email: nsutula@menorahpark.org, or go to www.wigginsplace.org.